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Nation was glued to TV for hockey

RATINGS Some 80 per cent of Canadians watched part of the Olympic hockey final with an average audience of 16.6 million viewers, according to CTV.

The game aired live on nine television networks in eight languages, the host broadcaster said.

Some 26.5 million Canadians took in part of Canada's 3-2 overtime win over the U.S. The closing ceremonies averaged 14.3 million viewers, with 24.5 million watching some part of the broadcast.

South of the border, NBC said the hockey final was the most-watched hockey game in the U.S. in 30 years. The NBC broadcast drew an average viewership of 27.6 million, the biggest hockey number since the U.S. versus Finland 1980 gold-medal game in Lake Placid (32.8 million). THE CANADIAN PRESS

News on the Move

What's this barcode for?
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Health&Beauty

A Metro special focus – spring into a new you, pages 24-27

On the web
Visit metronews.ca for news updates

Homecoming **Another golden moment**

LARRY MACDOUGAL/THE CANADIAN PRESS

Chris Le Bihan, Canadian four-man bobsled bronze medallist, meets infant son Beau for the first time yesterday as wife Naomi looks on after arriving in Calgary from the Vancouver Winter Olympics. The baby was born during the Olympics.

Grinding it out

Coffee war brewing between Tim Hortons, McDonald's

Can free beat the hope of an SUV?

McDonald's Canada, flush with the success of last year's frontal assault on coffee king Tim Hortons, has declared all-out war on one of Canadians' favourite late winter fantasies: Roll Up The Rim To Win.

As Tim's opened its 24th annual thumbfest yesterday with prizes ranging from an SUV to a free doughnut, the fast food behemoth started handing out free coffee for two weeks, no purchase required.

McDonald's third giveaway promotion in a year is timed "to continue the excitement of the Olympics," said Stephanie Sorensen, McDonald's manager of communications for Ontario.

It has, she said, nothing to do with Tim's Roll Up The Rim To Win campaign.

If that wasn't enough for java junkies, Country Style is handing out free medium coffees tomorrow morning. TORSTAR NEWS SERVICE

Canadians overjoyed with Games, poll reveals

VANCOUVER 2010Games

NUMBERS Canadians are waking up after their smashing success at hosting the 2010 Winter Games with something akin to post-coital bliss, a Canadian Press-Harris Decima survey has found.

The poll suggested that of the more than 1,000 people polled between Thursday and Sunday, almost no one — only one per cent — was unhappy with the performance of Canada's athletes.

Of those, 65 per cent said they were "very satisfied" and the rest were merely satisfied in the poll.

But the poll also indicated that as euphoria fades, the resolve to bask in the love affair could weaken as the federal government and the provinces begin introducing what are expected to be cost-cutting budgets in the days to come.

Doug Anderson, a senior vice-president with Harris Decima, said the satisfaction numbers regarding the Canadian athletes are virtually unheard of. THE CANADIAN PRESS

Funding

- The Harris Decima poll, which was reliable within 3.1 percentage points 19 times out of 20, found half of the Canadians surveyed felt athletes don't receive enough funding from their governments. Only seven per cent felt they receive too much.

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Tomorrow's Metro

West View
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

metronews.ca
WHAT'S ONLINE TODAY

Video A mass exodus of tourists, athletes and guests swamp Vancouver International Airport at **metronews.ca/canada**

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Training will stay on track

Popular Second Career program will not be cut: Minister

Ontario's Second Career retraining program will survive the upcoming budget, says John Milloy, the province's minister of training, colleges and universities.

The push to get unemployed Ontarians back into school will last its full three-year session, despite burning through its original funding and nearing the end of a second infusion of cash.

Milloy said his ministry has "eliminated" a backlog that unexpectedly built up last fall after a torrent of 10,000 fresh applicants in August and September swept away funding meant to last another 18 months.

Among the applicants who fell through the cracks during the funding limbo was hospitality student Derek Baker.

He waited from September to December for funding approval. In January, having already paid George Brown College $145 to hold his spot, Baker could wait no longer and started classes, even though he can't afford the tuition.

Last time he spoke to his career counsellor, she told him he would have to drop out because Second Career funding isn't available to those who are already students.

"All I want to do is learn and contribute," said Baker, 38, a bike mechanic who was laid off from Duke's Cycle after the store burned down during the 2008 Queen Street fire.

"You guys are telling me that in order to go to school I can't go to school? Are you crazy?"

About 26,000 Ontarians have updated their training through Second Career, which was launched in June 2008.

TORSTAR NEWS SERVICE

KEITH BEATY/TORSTAR NEWS SERVICE

George Brown student Derek Baker, a laid-off bike mechanic, waited more than a year to hear if he could get Second Career funding from the province. Due to funding rules, Baker is now being told he has to drop out if he wants education funding.

Feds put $10M into robotic surgery at SickKids

HEALTH Toronto's Hospital for Sick Children is getting $10 million from the federal government to develop the KidsArm robotic surgical system.

KidsArm is an image-guided medical robot designed for pediatric patients.

The hospital says surgeons will be able to operate the tabletop tool by using a pair of hand controllers. It will allow them to perform less invasive procedures on child patients and reduce the average time of operations by as much as 90 per cent.

The hospital will develop KidsArm in partnership with MDA, Philips and other companies.

Minister of State for Foreign Affairs Peter Kent, who made the announcement with Gary Goodyear, minister of state for Science and Technology, said the money will help create more than 80 highly skilled jobs.

THE CANADIAN PRESS

News in brief

ID'D York region homicide detectives have released the cause of death and identity of a Richmond Hill man found dead in his home early Friday morning. Police pronounced Gregory Goodeve, 45, dead at the scene. Autopsy results have determined Goodeve died from sharp force trauma, police said.

TORSTAR NEWS SERVICE

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Body found in burning car

One person is dead after a car slammed into the back of a transport truck and burst into flames late Sunday night near Villiers and Munition streets. Emergency workers found the victim in the driver's seat of the burning car. No one else was hurt, and it appears the truck was parked at the time of the crash. TORSTAR NEWS SERVICE

The short life of a sauropod

Talk about a rude awakening! Scientists have found fossil evidence that at least one species of baby dinosaur emerged from its egg, only to meet the open jaws of a huge primitive snake looking for a quick and easy snack.

Bones from the 3.5-metre snake and the half-metre-long baby sauropod, as well as the remains of three sauropod eggs, were discovered in a chunk of 67-million-year-old sediment rock in Gujarat, western India.

Sauropods, which include the towering, long-necked brontosaurus, were the largest animals to ever inhabit the planet.

THE CANADIAN PRESS/PHOTO

A life-sized reconstruction shows a snake just before attacking a baby dinosaur.

The remains provide a snapshot of life in the region near the end of the Cretaceous period.

"The fossil is a partial skeleton, mostly complete, of a snake wrapped in a dinosaur nest, coiled around an egg and sitting between some other eggs and right next to a recently hatched baby sauropod dinosaur," explained Jason Head, a fossil snake expert at the University of Toronto, who helped analyze the fossil.

"So here what we have for the first time is direct evidence of feeding behaviour. This tells us something of what it was like to be a baby sauropod dinosaur, which probably wasn't very much fun. You get out of the egg and that's it."

The fossil was discovered in 1987 by Dhananjay Mohabey of the Geological Survey of India.

THE CANADIAN PRESS

Whitby **If the shoe fits ...**

CHRIS YOUNG/THE CANADIAN PRESS

Federal Finance Minister Jim Flaherty, left, removes his shoes yesterday to try on a new pair as shop owner Gary Barton looks in Whitby. Flaherty will table a budget Thursday and it's a tradition that finance ministers buy news shoes before a budget.

News in brief

PENSIONS Ontario public sector pension manager OMERS says it booked a $4.3-billion net gain for 2009, with a 10.6 per cent rate of return on its assets that marked a move back into positive returns. The system, which manages pensions for 400,000 employees of Ontario governments, posted a net loss of $8 billion in 2008.

THE CANADIAN PRESS

Researchers create patient release risk index

HEALTH Canadian researchers have developed a new index to score patients being discharged from hospital on their risk of dying or being readmitted in the next 30 days.

If someone scores high on the so-called LACE index, then it could be a signal to physicians and others providing care that the patient will need extra attention in the days to come, says one of the researchers involved in the project.

8% Information was collected from 4,812 patients as they left Ontario hospitals. Eight per cent died or were readmitted within the next month, the study showed. Of those patients, 9.4 per cent died.

"One of the things that one can do for a high-risk person is to follow them much more closely than you would otherwise," said Dr. Carl van Walraven of the Ottawa Hospital Research Institute.

THE CANADIAN PRESS

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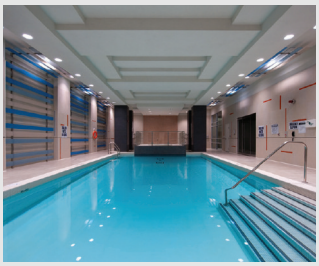

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City staffer trapped in vehicle for two hours

The driver of a City of Toronto vehicle suffered serious injuries after he was trapped nearly two hours after a collision yesterday in The Beaches area. TORSTAR NEWS SERVICE

CARLOS OSORIO/TORSTAR NEWS SERVICE

There are reports the City of Toronto is investigating the possibility of selling off its ski hills, like Centennial Park, above, and Earl Bales Park.

City ski hills may be on the block

Union says up to 360 part-time jobs at risk

Toronto's budget chief says cuts are being considered and a city union says it knows where some of them will be.

Anne Dembinski, head of CUPE local 79, said the bad news came during a meeting Friday.

Dembinski said the city is proposing that a handful of its ski hills and campgrounds be leased out, or sold.

She added up to 360 part-time positions could be cut.

City budget chief Shelley Carroll isn't denying there will be cuts, but wouldn't say for sure yesterday if they would be on the slopes.

Carroll said a number of proposals in the proposed city budget include staff reductions.

The ski hills at risk include Earl Bales Park and Centennial Park, and also under consideration is the Glen Rouge campground.

TORSTAR NEWS SERVICE

Team delivering programs to immigrants in suburbs

YORK REGION Min Zeng, Shereen Mir and Liliana Chethuen have the challenging task of spotting newcomers in expansive York Region and helping them connect to their new home in Canada.

The outreach workers are part of a recently created mobile immigrant settlement team — a new way of delivering services and programs in the suburbs.

They attend community events in the 1,776-square-kilometre region, which spreads from Lake Simcoe to Steeles Avenue, looking for pockets of isolated newcomers. Then, they link them with services and programs that will help them get settled, find a job or improve their English.

Immigrants in York Region, Greater Toronto's fastest growing region, account for 43 per cent of its one million residents.

"When we first thought about this program, two things became glaringly clear to us. One, some newcomers are overwhelmed by all the information out there and don't know what's appropriate for them."

Judy Davidson, newcomer services and program director at Job Skills

"When we first thought about this program, two things became glaringly clear to us. One, some newcomers are overwhelmed by all the information out there and don't know what's appropriate for them," said Judy Davidson, newcomer services and program director at Job Skills, the agency that runs the Immigration Canada-funded outreach.

"Others simply don't know where to start. They are in limbo, wandering out there and lost. Our goal is to break the barrier down by being their first point of contact."

Since they began in September, multilingual outreach workers with the Immigrant Information Services program have attended hundreds of community events.

The outreach team welcomes invitations to events in the region. For more, call 1-888-469-8878 or visit http://immigrantinfo.ca.

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Crash shuts eastbound 401

A three-vehicle collision involving a truck shut down several lanes of eastbound Highway 401 near Highway 427 yesterday just before 11 a.m. The truck rolled over as the driver attempted to avoid a collision between the two other vehicles. TORSTAR NEWS SERVICE

Tories attack provincial stimulus plan

Queen's Park must do more to create private sector jobs, Conservative critic says

Job losses are the biggest concern for people in Ontario and the government should use this month's budget to cut spending and provide tax relief to boost employment, the opposition parties said yesterday.

Progressive Conservative critic Norm Miller said that even though the provincial government promised more than $32 billion over two years as stimulus to create jobs, Ontario lost a net 141,600 jobs in 2009.

"The government has done a great job of creating public sector jobs at eight times the rate of private sector jobs, but has done a very poor job (in the private sector)," Miller said.

"Despite promising one million new jobs through the various plans, they've actually lost jobs."
Norm Miller, Progressive Conservative critic

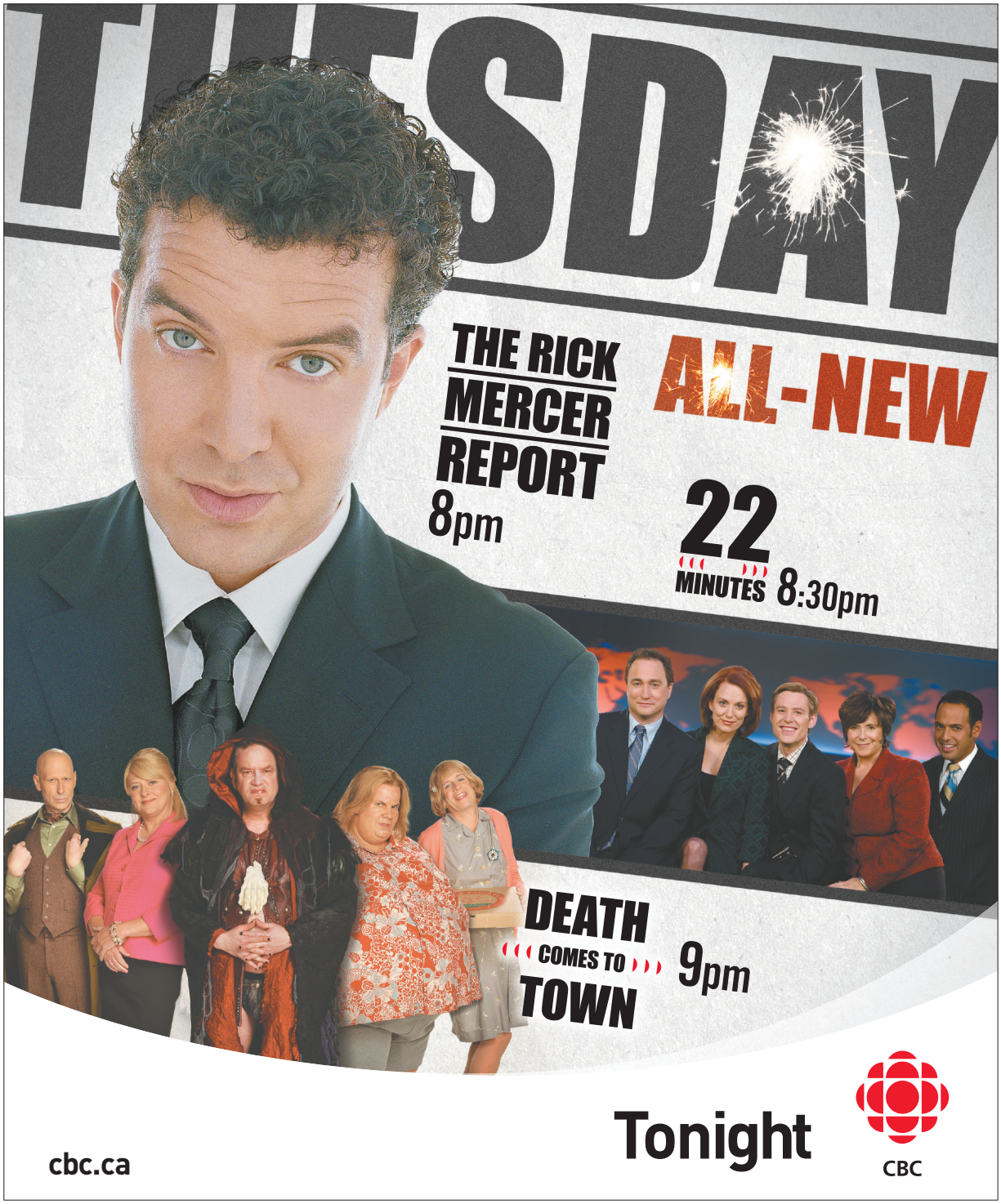
"Despite promising one million new jobs through the various plans, they've actually lost jobs."

He's urging selective tax relief, such as a tax holiday on the land transfer tax, to increase construction of new homes, and a holiday on some payroll taxes like the employer health tax, to improve the jobs outlook.

The Progressive Conservatives also said the government should cap program spending at the levels promised in the 2009 budget, and look at all ministries to see where it can trim some fat.

Finance Minister Dwight Duncan is expected to release this year's budget around March 25, a date he said may change if there's something in the budget the province didn't anticipate.

THE CANADIAN PRESS



Ramage's sentence 'concerns' judges

COURT A four-year sentence for former NHLer Rob Ramage is concerning given his "remarkable" character despite being convicted of impaired driving causing death, a panel of judges on Ontario's top court said yesterday.

Ramage was found guilty in 2007 on several charges in a crash that killed his friend, fellow former NHL player Keith Magnuson.

Ramage appealed both his conviction and sentence, which his lawyer said was "harsh and grossly disproportionate," in a hearing at the Appeal Court yesterday.

Rob Ramage

While the judges reserved their decision, they made several comments questioning why the judge at Ramage's trial decided to impose a sentence at the high end of the normal range.

"I think it's fair to say we're all concerned" about the sentence, said Justice David Doherty. "He has been a remarkable citizen ... Why doesn't that drive it to the low end?"

Ramage's lawyer Brian Greenspan argued the sentence should be reduced because it disproportionate for an upstanding citizen who had given much back to the community and had no criminal record. In addition, the sentence went against the wishes of Magnuson's family, who asked the judge to show leniency, Greenspan said.

Magnuson, 56, was killed when a rental car driven by Ramage slammed head-on into another vehicle just north of Toronto in December 2003. THE CANADIAN PRESS

Windsor casino lays off workers
Caesars casino in Windsor laid off 45 workers yesterday. Another 23 staff members are moving from full-time to part-time positions. THE CANADIAN PRESS

Canada

School keeps Wallin as chancellor

Senator Pamela Wallin, left, is staying on as chancellor at the University of Guelph. The university in southwestern Ontario says the well-known broadcaster and diplomat has been appointed to a second term. The move, approved last week, extends Wallin's tenure until March 2013. She first became chancellor back in 2007. THE CANADIAN PRESS

Windsor hospital probe expands

Panel looking into two more facilities after mistaken mastectomies

Two other hospitals will be scrutinized by Ontario investigators as they try to uncover why unnecessary mastectomies were performed at a Windsor hospital, but there are no plans to widen the probe further, Health Minister Deb Matthews said yesterday.

"There is absolutely no indication that this goes beyond Windsor," she said.

Three doctors will start the investigation this week at Hotel-Dieu Grace Hospital — where two unnecessary mastectomies were performed — as well as Windsor Regional Hospital and Leamington District Memorial Hospital, Matthews said.

They will review pathology reports going back two years and notify patients if they received incorrect results.

CARLOS OSORIO/TORSTAR NEWS SERVICE

Health Minister Deb Matthews, seen in this file photo, has announced two more hospitals will be investigated in the wake of unnecessary mastectomies performed at a Windsor facility.

Some cases will be fast-tracked, but the government will wait for the advice of its investigators before deciding whether they need to dig deeper into the past, Matthews added.

"Our highest priority is to assure people who have had tests done that the results are, in fact, verified," she said.

The investigators will also have broad powers to dig up any documents they need and hire pathologists from outside the province if they need help, Matthews said.

> **"Our highest priority is to assure people who have had tests done that the results are, in fact, verified."**
> Deb Matthews, health minister

They are expected to provide regular updates to the ministry and the regional health authority, with the aim of delivering a report in June.

Former chief coroner Dr. Barry McLellan will co-ordinate the investigation, with Dr. Robin McLeod looking into surgical errors and Dr. John Srigley reviewing pathology results. THE CANADIAN PRESS

Syncrude failed to protect birds: Prosecutors

ALBERTA Prosecutors say Syncrude Canada was the only oilsands company that failed to deploy noise cannons when 1,600 ducks died on one of its tailings ponds in northern Alberta two years ago.

Provincial and federal prosecutors also contend Syncrude workers responsible for deploying the noise-makers were not working that day in April 2008.

"Syncrude failed in its duty to protect the birds," Alberta Crown prosecutor Susan McRory said yesterday at the start of the oilsands giant's trial on provincial and federal environmental charges.

Federal lawyer Kent Brown said trial evidence will show that even placing tailings ponds underneath migratory bird corridors is against the law.

Syncrude lawyer Robert White unsuccessfully put forward a motion asking that someone else hear the case. He took issue with the fact that provincial court Judge Ken Tjosveld used to work with McRory as a prosecutor before he became a judge. THE CANADIAN PRESS

News in brief

LEGACY FUND A scholarship and bursary program has been established in memory of the 17 victims of the crash of Cougar Flight 491 off Newfoundland last year.

CHARGED Provincial police allege a babysitter was driving impaired with a three-year-old in the back seat, and had left a one-year-old alone at her home, after a single-vehicle collision on Feb. 25 in Huron County, Ont. Michelle Morrison, 26, of Lucan Biddulph is charged. THE CANADIAN PRESS

Smallest budget so far also the most difficult: PM

OTTAWA Stephen Harper got lots of practice saying "no" during preparations for Thursday's federal budget.

With the government looking to trim a record $56-billion deficit, the prime minister said yesterday that he and Finance Minister Jim Flaherty have spent more time together working on this budget than any other.

And he said it's been their most difficult budget so far, even though it will be their smallest.

"We're now in the business of saying what are all the things we have to say 'no' to instead of all the things we have to say 'yes' to," Harper said.

"That's proven to be a much tougher exercise but one that does have to be done."

However, Liberal Leader Michael Ignatieff urged the government not to simply take an axe to spending.

He wants Harper to say 'yes' to measures that will create jobs and ease the plight of the unemployed. And he wants the government to keep funding athletes through the Own the Podium program, which is credited with helping Canada reap a record gold-medal haul at the Olympics.

But he was careful not to threaten an election should the budget fail to deliver. THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

Prime Minister Stephen Harper.

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Infant's father charged with murder

Provincial police have laid a second-degree murder charge against the father of a baby who died in a London, Ont., hospital in January. Robert Rivet, 27, of Mitchell, Ont., was arrested yesterday. THE CANADIAN PRESS

Legacy of Games: Priceless

Harnessing national pride may be next step after Olympics

When the 2010 Winter Olympics were officially declared closed, the near-capacity crowd at the ceremony reacted in a way completely unheard of in Vancouver for almost three weeks.

They booed.

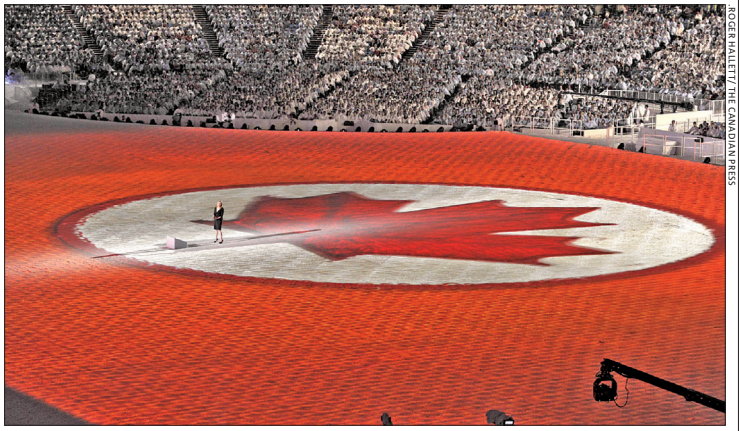
"It was a real mix of emotions," said Vancouver Mayor Gregor Robertson yesterday of the moment in which he handed over the Olympic flag to the next host city.

"I felt so much joy and pride for our city and country … and not quite wanting to let go. You don't really want something this good to come to an end."

Nothing but raucous cheering in Vancouver and in Canada was heard for the 2010 Winter Games, with the joy so loud that even a belligerent international media eventually got caught up in the excitement.

That joy may be tempered somewhat as the bills for the party begin to roll in.

Both the federal and B.C. provincial budgets will come out this week and it will be difficult not to associate expected cuts with the largesse associated with putting on the world's biggest show.



ROGER HALLETT/THE CANADIAN PRESS

Actress Catherine O'Hara addresses the audience at the closing ceremonies for the 2010 Vancouver Olympic Winter Games at B.C. Place in Vancouver.

The various levels of government invested roughly $6 billion on these Olympics. The corporate world spent millions more.

But through the haze of the morning after comes the question of whether the Games were a defining moment in Canadian history or a tipping point, forever changing Canada.

VANCOUVER 2010 Games

The priceless legacy of these Games is the one that's the hardest to harness — national pride.

The incoming president of the Canadian Olympic Committee says the way the country rallied around the Olympics must not be ignored by government.

Polls taken during the Games suggested the vast majority of Canadians believed the Olympics were uniting the country.

THE CANADIAN PRESS

Pricey travel on agenda

POLITICS Federal politicians aren't letting a record deficit stop them from jetting around the globe in style.

MPs and senators from all parties are proposing to spend almost $1.5 million in taxpayers' money in the next fiscal year to attend meetings in such exotic locales as Swaziland, Seychelles, Trinidad, Kenya, India and Indonesia.

And with sky-high airfares of up to $10,500 each, they don't appear to be planning to fly economy — or shopping for the lowest price.

Details of the planned excursions are contained in the draft budgets for the Inter-Parliamentary Union and the Commonwealth Parliamentary Association, obtained by The Canadian Press. They are just two of a dozen parliamentary associations to which federal politicians belong. Both budgets must still be approved by the Joint Interparliamentary Council.

THE CANADIAN PRESS

High flight

- The IPU is asking for $870,366 and the CPA for $605,818 — most of it for international travel.

News in brief

ZUNDEL Far-right German activist Ernst Zundel was freed after serving five years in prison for denying the Holocaust ever happened — something he wouldn't speak about yesterday. The 70-year-old had been extradited in 2005 from Canada, where he spent some additional time behind bars on the German warrant after having been deported from the United States for alleged immigration violations.

IPPERWASH The Ontario government has taken the final legislative step in giving up control of Ipperwash Provincial Park and putting it in aboriginal hands. Natural Resources Minister Linda Jeffrey's motion to convert the park to Crown land was OK'd. The handover of the park is years away, but officials say once the land is part of the reserve, the First Nation will have complete control over its use. METRO NEWS SERVICES

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Web: www.queensmba.com

Deadly day in Afghanistan
Six NATO service members died yesterday in separate attacks across Afghanistan, including a suicide car bomb that targeted a military convoy as it crossed a bridge in the Taliban-dominated south. Nine Afghan civilians also died in four bombings in the south. THE ASSOCIATED PRESS

World

Four charged in ticket fraud

U.S. federal prosecutors in New Jersey say four California men made more than $25 million US reselling tickets to concerts and sporting events they acquired by hacking into Ticketmaster.com and other websites. Prosecutors say the men fraudulently obtained more than one million tickets. Authorities in Newark charged 40-year-old Kenneth Lowson, 37-year-old Kristofer Kirsch, 36-year-old Faisal Nahdi and 37-year-old Joel Stevenson yesterday. THE ASSOCIATED PRESS

'Emergency without parallel'

Chile rescuers find signs of life in quake-toppled building, death toll rises

Rescuers found signs of life in the wreckage of a 15-storey building yesterday as the world offered aid to victims of an earthquake that killed more than 700 people. Looters roamed the streets even after troops and police arrested dozens of people for violating a curfew.

The toll of dead rose to 723, with 19 others missing, the National Emergency Office announced, in a magnitude-8.8 quake that President Michelle Bachelet called "an emergency without parallel in Chile's history."

Some coastal towns were almost obliterated — first shaken by the quake, then slammed by a tsunami that carried whole houses inland and crushed others. Shocked survivors were left without power, water or food.

In Concepcion, the biggest city near the epicentre, rescuers heard the knock of trapped victims inside a toppled 70-unit apartment building and began to drill through thick walls to reach them, said fire department Commander Juan Carlos Subercaseux.

Clinton to visit

- U.S. Secretary of State Hillary Rodham Clinton said yesterday she will bring 20 satellite phones and a technician with her when she visits earthquake-damaged Chile today.

Firefighters had already pulled 25 survivors and nine bodies from the structure.

Electricity was still out, however, water was scarce and looters re-emerged at dusk despite beefed up security.

Dozens of people sacked stores selling food, clothing and drugs, fleeing when police appeared to drive them away. Some struck gas stations, stealing cash from attendants. THE ASSOCIATED PRESS

India **Colourful Holi-day**

RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Youth ride a motorbike during Holi festivities in Mumbai yesterday. The festival of colours heralds the coming of spring.

m.metronews.ca

SCANLIFE

Litany of complaints in embattled Marjah prove 'hearts and minds' will be elusive. Scan this code for the story.

News in brief

IRAN The Iranian government has closed down two pro-reform newspapers, the publication's editors said yesterday, continuing a crackdown on opponents of the regime and their media outlets. Editor Behrouz Behzadi of the Etemaad daily said that his newspaper was banned by the Press Supervisory Board. Journalists have complained that the Tehran regime has been closing down publications sympathetic to the opposition since Iran's contentious election last June.

IRAQ The number of Iraqis killed in war-related violence increased by 44 per cent between January and February, according to a count by The Associated Press, with civilians accounting for almost all of the casualties. The rise in killings raised doubts about the atmosphere before next Sunday's Iraqi election. THE ASSOCIATED PRESS

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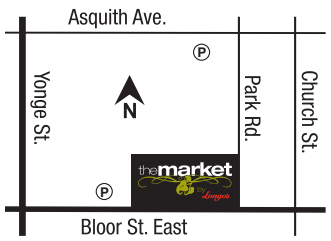

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Search on in France after devastating storm

Thousands of firefighters and other rescue workers searched house by house yesterday along France's devastated Atlantic coast, trying to help those still stranded by a storm that smashed sea walls and killed at least 62 people across western Europe. THE ASSOCIATED PRESS

News in brief

RUSSIA President Dmitry Medvedev demanded yesterday that Russian sports officials step down over the country's dismal performance at the Winter Olympics in Vancouver. Russia, a traditional sports powerhouse, won 15 medals in one of its worst performances. THE ASSOCIATED PRESS

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Too big to show off?

Rocky, a 700-pound (320-kilogram) grizzly considered one of the most gentle animals of all Hollywood's performing beasts, bites down on the neck of a veteran trainer. Illusionist Roy Horn is severely mauled by a show tiger during a Las Vegas performance. An elephant at an Indonesian tourist resort tramples its longtime handler to death.

PHELAN M. EBENHACK/THE ASSOCIATED PRESS

A killer whale performs during a show Saturday at the SeaWorld theme park in Orlando, Fla.

And now the latest — a 40-year-old trainer at SeaWorld Orlando is drowned by a killer whale named Tilikum, an incident that raises anew the question of whether some beasts, especially the biggest ones, have any business being tamed to entertain.

Descriptions of Tilikum, the 22-foot (6.7-metre) orca that has now killed two trainers, inevitably come around to his intimidating size.

At nearly six tons, the bull bought for breeding is a giant among killer whales, the largest in captivity.

"Humans trying to incarcerate orcas or elephants or any type of large brain or large society species, it's proven it doesn't work," said Mark Berman, associate director at the environmental group Earth Island Institute in Berkeley, Calif. "They're just too big."

No animals were meant to entertain humans, he said.

In fact, an investigation by California's workplace safety office into a 2006 attack by an orca on a trainer at SeaWorld's San Diego park initially reported that it was only a matter of time before a trainer was killed. That trainer escaped with a broken foot.

However, after objections from SeaWorld that the office had no place offering opinions that a trainer's death was inevitable, the workplace safety officials rescinded the report and apologized. They noted its investigation required expertise it didn't have. THE ASSOCIATED PRESS

Ex-guerrilla becomes president

URUGUAY A former guerrilla leader who won the trust of voters with his homespun manner and promises to govern as a conciliator became Uruguay's new president yesterday.

Jose Mujica, 74, took the oath of office at the Legislative Palace, becoming the second consecutive leftist president in a country that, until 2005, had been ruled by right-wing parties or the military for 150 years.

He took the oath while wearing a blue suit and no tie, in keeping with his informal style. U.S. Secretary of State Hillary Rodham Clinton was among dignitaries attending the inauguration.

Mujica, who helped found the National Liberation Movement-Tupamaros that carried out bombings, kidnappings and robberies to overthrow elected governments in the 1960s, says he now rejects the "stupid ideologies" of the past. THE ASSOCIATED PRESS

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Palestinians extend journalist's detention
A Gaza court extended the detention of a British journalist held in a jail in the Hamas-run Palestinian territory for another 15 days yesterday. THE ASSOCIATED PRESS

One-on-one with Georgia's president

ELISABETH BRAW
Metro World News

Mikheil Saakashvili may be the world's most colourful — and controversial — democratically elected leader.

But the Georgian president also rules a country that has emerged from the backwaters of the Soviet Union to become important strategically. That's why Georgia's war with Russia over the breakaway region of South Ossetia 18 months ago was more than a regional skirmish. Metro met Saakashvili for a one-on-one interview in London.

Q The government of Georgia is running TV commercials on channels like CNN. Does Georgia's image need to change?

A Of course. When people think of Georgia, they think of war and problems with Russia. People need to understand that Georgia is doing very well and is in a league where most post-Soviet republics don't even come close.

Q Your rivals call you hotheaded. Has your temper caused problems for Georgia?

A I don't think I'm a particularly aggressive-tempered person. Last year, we had opposition rallies in front of the presidential palace for three months. I gave them space in the middle of the capital, and they protested against my alleged hotheadedness, but their protests failed completely. If you needed a scientific experiment of my coolheadedness, this was it.

Saakashvili

Q What did you expect to happen when Georgians entered South Ossetia in August 2008?

A We responded to a Russian invasion. South Ossetia has been under Georgian control for a very long time. When Russian tanks moved in, we had the choice of leaving Russia's aggression unopposed or sending in our troops. We slowed down Russia's aggression and saved many lives. Unfortunately, some people died, but we saved 10 times as many.

Q Georgia seceded from the Soviet Union. Should republics, including South Ossetia, have the right to secede?

A Yes, but when we're talking about regions we talk about people who have a right to self-determination. Russia's actions set a dangerous legal precedent: If you don't like one country's borders, you just invade.

Q Is it possible to establish real democracy in former Soviet Union republics?

A Absolutely. Ukraine, for all its faults, shows this very clearly ... Georgia is working hard on it. Democracy is the only way to run a country.

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Comment

Expect an Olympic bounce for PM

NationalReport
Lawrence Martin

metronews.ca/nationalreport

The spectacular Canadian performance at the Winter Olympics could not have come at a better time for Stephen Harper. It's the biggest feel-good story since the 1972 Canada-Russia hockey series. The Games turned public attention fully away from the political shenanigans of the governing party in suspending Parliament.

Harper was at the Games, trying as best he could — as any politician would — to share in the spotlight.

The euphoria should pay off in a handsome bounce for him in the polls, though there is no guarantee. Our 1972 triumph over the Russians did not produce a political benefit for the Trudeau Liberals. They came within a hair of losing the election that took place right after the series.

There will be an irony of sorts if Harper gets a big boost from the Olympics. The big rap against him is that there is no sportsmanship in the games he plays, no demonstration of Olympic ideals. He runs from the field when the opposition gets tough. He head-butts opponents. He repeatedly throws away the rulebook. If politics were an event in the Games, the Olympic movement would have had Harper expelled long ago.

On that note, it is to be hoped that the prime minister, as well as opposition leaders, learned something from the way in which our athletes comported themselves. They showed how you can win with hard work and an honest and honourable effort.

Parliament finally returns this week. Our MPs have been on vacation for much of the last year and a half. In 2008, from June until into the new year, Parliament sat only two weeks. Last year, it had its traditional three-month summer break and, more recently, starting in December, it had another three-month break. If our Olympians took this much time off they would never win anything.

Tomorrow, there's the speech from the throne, likely the last from Gov. Gen. Michaëlle Jean, whose term expires in the fall. The budget from Finance Minister Jim Flaherty follows Thursday.

Among the reasons offered for the shutdown of Parliament was the need for time, the Conservatives said, to "recalibrate." But don't look for anything too exciting from the recalibration exercise. The budget will likely be a stabilizing effort that holds off on more stimulus spending in order to keep the deficit in check.

The Conservatives will contend that they have the country on the right track. They will want, though they play a different sport in a different way, to bask in the Olympic glow.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Tiger Woods witch hunt is a hypocrisy

InStep
Christine Williams

So, Tiger Woods is a big time cheater. He may even be a sex addict. Although disappointing, I'm still befuddled by the intensity of public outcry that screams hypocrisy.

Sadly enough, affairs are common among us. Virtually all of us know at least one person who has been cheated on. The only difference is that Woods had an astounding 13 alleged mistresses, and he sports more than a great golf swing. His squeaky clean, family man look had us all deluded. We were fooled and now we're mad as hell.

I'm curious though, about what number of affairs makes infidelity publicly acceptable.

Among celebrities, infidelity is fashionable and no one really knows who holds the highest infidelity score. Even among the general public, it's difficult to acquire infidelity statistics because it's done in secret and most people wouldn't want to admit to it.

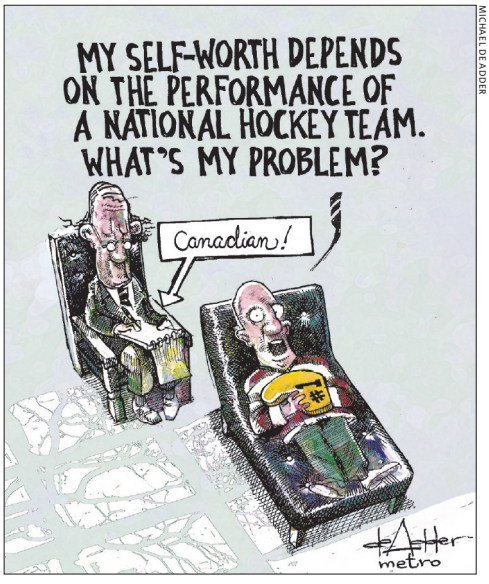
Sadly enough, affairs are highly glamorized. Many have fallen into temptation and now we're throwing Woods under a bus.

Part of our strong reaction to Tiger Woods could be a reflection of our better conscience, a projection of our own disappointment toward the ultimate relationship betrayal. So we beat up on Woods — a distant, safer target. This way we get to vent away the steam from our own encumbrances. If this is the case, it can be quite cathartic.

Also, we habitually hunt for role models in the performance world when we need to be discovering them in our own backyards, i.e., at home, schools, and religious institutions.

So while Woods is being carried away in the witch hunt because he disappointed people's fantasies about who they wanted him to be, his indiscretions are between him and his family. His public apology only deepened his embarrassment and most people are not convinced anyway. He isn't a deity, an esteemed cleric — he's a great golfer. Heck, he's not even Bill Clinton.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



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Aecon buys Orangeville asphalt, paving company
Toronto-based Aecon Group Inc. has acquired an asphalt, paving and construction company in central Ontario for $4.4 million. GCCL Contracting Ltd. of Orangeville has had annual revenue of about $10 million in recent years. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Economy rebounds from recession

The economy boomed in the fourth quarter of last year, pushing well past expectations and raising the likelihood that the Bank of Canada will start to raise interest rates by summer.

Real gross domestic product grew at an annual rate of five per cent in the fourth quarter, a full point above what analysts had expected and the largest quarterly increase in nearly a decade.

It outstripped the Bank of Canada's forecast of 3.3 per cent growth. The central bank has its next scheduled announcement on key lending rates today, but observers expect its overnight rate will remain where it is, at an all-time low of 0.25 per cent.

5.9% The quarterly increase was below the 5.9 per cent growth in the U.S. economy, but the Canadian strength was more broadly based. American growth relied heavily on restocking inventories.

Canada's economy grew by 1.2 per cent in the fourth quarter, the largest jump since the third quarter of 2000, Statistics Canada reported. Real GDP, a closely watched inflation-adjusted measure of economic performance, increased 0.6 per cent in December alone, a fourth straight monthly advance.

Economist Douglas Porter of BMO said the data marked a clean break from the recession that began to be felt in October 2008. He said the fourth quarter of 2009 was a major change from the "devastating seven per cent decline in the first quarter of last year."

Paul Ferley, assistant chief economist at Royal Bank, said the numbers bode well for the year as a whole. They are solid evidence the economy pulled out of recession starting in the third quarter of last year, Ferley said.

THE CANADIAN PRESS

Germany 4,157 exhibitors going to CeBIT fair

JOERG SARBACH/DAPD/THE ASSOCIATED PRESS

A woman prepares a booth at the CeBIT IT fair in Hannover, Germany. Some 4,157 exhibitors from 68 nations will present their latest developments on the world's biggest computer expo beginning today and running until Saturday. The words on the booth read: The innovative power.

Cargojet returns to profitability

AIR CARGO Cargojet Income Fund reported yesterday a full-year profit of $8.2 million or $1.28 cents per unit in 2009, reversing a year-earlier loss of $287,686 or four cents per unit.

The Mississauga-based company said it trimmed expenses, offsetting lower revenues in the 12-month period ended Dec. 31. Cargojet transports air cargo across North America with a fleet of 40 all-cargo aircraft. THE CANADIAN PRESS

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ScanLife
In time for budget week, a policy group is urging Ottawa to ramp up deficit spending to boost the economy. Scan this code for the story.

Korea Gas takes stake in two B.C. gas fields

NATURAL GAS South Korea is making yet another push into Canada's energy scene with a $565-million investment in two promising northeastern British Columbia natural gas plays.

Korea Gas Corp. has signed a three-year farm-in deal with Calgary-based gas giant EnCana Corp. for a 50 per cent interest in land blocks in the Montney and Horn River Basin shale formations.

"This gives us an opportunity to accelerate development faster than we would have otherwise and bring some of this additional gas potential to market," EnCana spokesman Alan Boras said yesterday.

Korean news reports Sunday said the state-owned Korean firm envisions spending $1.1 billion over five years in those lands.

Korea Gas Corp. would have a 50 per cent interest in about 10,000 hectares in the Horn River Basin, and roughly 52,000 hectares in the Montney region further south, Boras said.

THE CANADIAN PRESS

Background

- Korea, a voracious consumer of natural gas, used 1.2 trillion cubic feet last year.
- Korea Gas Corp. has an agreement to buy liquefied natural gas from an export terminal planned for the northern coastal city of Kitimat, B.C., that would process 700 million cubic feet per day.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Tips for self-employed

AlisonOnMoney

No more pencils, no more books, no more bosses' dirty looks. You're free! Self-employed. Out of the rat race.

OK, so the reality is you've been downsized, given a package or just plain canned. Such is the way of life when unemployment creeps toward 10 per cent and companies prune everything possible to fatten their bottom line.

But if you go about it the right way, self-employment can be a satisfying and profitable experience.

Here are four steps to success:

1 Have a financial plan: Determine your absolute minimum personal and business expenses. This is the monthly nut you must come up with in order to keep the lights on, the car in the driveway, kids in daycare and food in everyone's belly. Add in known business expenses such as a bigger cellphone bill, paper, postage, etc.

2 Know where your cash flow is coming from: Where is the revenue and when will it arrive? Even if you have steady work lined up, it may be 30 to 90 days before invoices are paid. Can you draw on savings or a low interest line of credit should you be caught short?

If you are still employed get a credit line approved before you are pink-slipped. These days it is difficult for the self-employed to get credit, especially when you are starting out.

Being self-employed means being prepared for days when you'd kill for a bit of water cooler chat.

3 Be disciplined: Have a routine that includes everything from answering emails to chasing new business. You won't always be able to follow it but your daily or weekly plan provides a critical framework in the absence of bosses and colleagues.

Do a self-check at the end of the day for tasks accomplished and move the rest into the next day or week. This is one way to feel good about your progress during slow periods.

Be prepared for lonely times and for days when you'd kill for a bit of water cooler chat.

4 Network like crazy: Join like-minded groups, attend seminars, stay in touch with former colleagues and volunteer in your community. Be patient because it can take time for such contacts to germinate.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

On the web

Investing: Allan Small discusses reasons why the RRSP season was slower than previous years. Visit metronews.ca/investing.

Money Matters: Henry Choo Chong talks about claiming employment expenses. Visit metronews.ca/moneymatters.

6 ways to protect yourself from fraud

HEATHER BUCHAN
For Metro Canada

March is Fraud Prevention Month, a campaign organized by the Competition Bureau of Canada — with seminars taking place across the country on everything from fraudulent telemarketing to Internet scams, to false charities and counterfeit money — to arm Canadians with tips and information on how to protect themselves against all types of fraud.

Fraud Prevention

Here are some of the top tips:

1 When an offer sounds too good to be true, warning bells should go off in your head because the offer probably isn't true.

2 Whether it's a job or investment opportunity you're being pitched, if the offer involves sending money and time pressure, get independent advice before agreeing to anything.

3 Always log directly on websites, rather than clicking on links you receive in emails, as those links could send you to bogus websites.

4 Never give details about your bank accounts or credit cards to anyone over the phone, by fax or by email unless you know and trust them.

5 If you're told you've won a prize or the lottery, but never entered the contest or lottery, don't agree to anything before checking with an independent source.

6 If you are ever unsure of a situation, you should contact the Competition Bureau, the RCMP, the Canadian Anti-Fraud Centre, the Better Business Bureau or the Charities Directorate of the Canada Revenue Agency.

For a list of seminars, go to https://competitionbureau.gc.ca.

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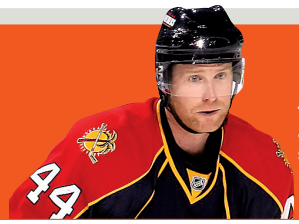
Sports



Penguins land Leopold

The Pittsburgh Penguins have acquired defenceman Jordan Leopold, left, in a deal with the Florida Panthers. Florida traded Leopold to Pittsburgh for a second-round pick in the 2010 NHL Entry Draft. Leopold has seven goals and 11 assists in 61 games for Florida this season. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Rockets soar over Raptors

NBA RESULTS

Raptors 92 **Rockets** 116

NBA Kevin Martin and Aaron Brooks scored 28 points each in three quarters and the Houston Rockets rolled to a 116-92 win over the struggling and beat-up Toronto Raptors last night.

The Rockets led by 32 after three and both teams played mostly reserves the rest of the way.

Houston scored the first five points of the game and never trailed in this one as the Raptors dropped their fourth in a row in their sixth straight game without all-star Chris Bosh.

THE ASSOCIATED PRESS

Snider hopes to find home in Jays' outfield

This spring is Travis Snider's first serious chance at finding a full-season home in the Toronto Blue Jays' outfield after failing to take last year's opportunity seriously.

"He has to play his way onto this team," general manager Alex Anthopoulos said. "He's a young player and he knows that. I told him in the off-season he's going to be a big part of this organization. That being said, he knows he's got to go out and perform in spring training.

"But if he doesn't make it as an everyday player, he'll go down. He flew through the minor leagues and has not had a lot of minor league at-bats, and that's a credit to his ability. So if he's going to be up here it's going to be to play every single day," Anthopoulos said.

Snider did well in the spring as a 21-year-old a year ago and hit the regular season running: Three home runs, 11 runs batted in, a .258 batting average and .480 on-base percentage in April. But he slumped in May and was demoted to triple-A.

Now, Snider has a chance to take a prominent role in the Blue Jays' infusion of youth as they attempt to rebound from fourth place, a losing record, and their worst season since 2005.

His plan is simple: "Come out here and play, earn a spot, same thing I had last year," he said.

THE CANADIAN PRESS

Deadline daze

Trades can have disruptive role in players' lives

A trade prompted Colton Orr to make the most embarrassing mistake of his career. He had just been moved to Regina from Kamloops, his junior hockey team, and the bruising forward responded by engaging in an on-ice fight the first time he visited his old arena.

He fought and went to the penalty box, an area with which he had developed an intimate familiarity. The only problem was, it was the home team's penalty box, and Orr was suddenly drawing laughs as a misplaced visitor.

"They didn't really notice, either, for a couple of seconds," Orr said, chuckling after the Toronto Maple Leafs finished practice yesterday. "It looked pretty normal to me."

Trades are a normal part of doing business in hockey, but they can still play a disruptive role in the lives of those moved, a fact weighing heavily on several veterans in Toronto's dressing room.

Changes are expected before the NHL's trade deadline passes at 3 p.m. ET tomorrow, and the Leafs are shrouded in speculation.

Forward Alexei Ponikarovsky, one of the first players off the ice on yesterday, is the Maple Leaf most often rumoured to be on the move. Fellow forwards Lee Stempniak and Wayne Primeau have also become grist for the rumour mill as the last-place team in the Eastern Conference seeks to rebuild.

Toronto general manager Brian Burke has already been busy. He executed a series of moves before the Olympic roster freeze, acquiring defenceman Dion Phaneuf from Calgary and goaltender Jean-Sebastien Giguere from Anaheim.

The Leafs are one in a small cluster of teams rumoured to become sellers at the league's annual bazaar. Carolina, Columbus, Edmonton and Florida are also expected to be busy — and they better be, with TSN announcing it will carry 10 hours of live coverage beginning at 8 a.m. ET tomorrow.

"There's always guys who are worried about being traded, especially on a losing team, where you know that they might clean the house and start from scratch," Giguere said. "It's not a fun feeling. I'm sure some of the guys right now, especially the guys with families, they're probably not sleeping very well."

THE CANADIAN PRESS

Colton Orr

Sports in brief

DOME A study says it would be technically and economically feasible to build a domed stadium in downtown Regina, but that doesn't mean it's a done deal. The feasibility study says the facility would cost about $386 million, although a fully retractable roof would add at least another $45 million to the price tag.

NHL The St. Louis Blues have acquired goaltender Joe Fallon from the Chicago Blackhawks in exchange for goalie Hannu Toivonen and defenceman Danny Richmond. Fallon has played in 29 games this season in the American Hockey League. METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Detroit at Colorado

NBA

YESTERDAY'S RESULTS

Houston 116 TORONTO 92
Atlanta 116 Chicago 92
Cleveland 124 New York 93
Dallas 89 Charlotte 84
Orlando 126 Philadelphia 105
Portland 103 Memphis 93
San Antonio 106 New Orleans 92
Denver at Phoenix
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Mike James cut loose by Wizards
The Washington Wizards bought out the contract of guard Mike James yesterday and waived him. James, who was in his second season with Washington, sought a buyout after he wasn't traded last month. THE ASSOCIATED PRESS

With Vancouver Games over, game on for NHL

Participation of league's players in future Olympics uncertain

A thrilling Olympic tournament capped with a golden goal.

Hockey was enjoying a sudden burst of popularity yesterday, a day after Sidney Crosby lifted Canada to a 3-2 overtime victory over the United States to win the gold medal at the Vancouver Games.

The ending could not have been better for the NHL, with the U.S. and Canada in the final and Crosby's Stanley Cup champion Penguins playing U.S. goalie Ryan Miller's Buffalo Sabres tonight, when most teams are back in action.

Yet the irony is that Crosby's wrister sliding under Miller might be the last Olympic memory the NHL can share.

The league has not yet agreed to stop the season again in four years to enable its players to participate in the 2014 Sochi Olympics. Two-time defending MVP Alex Ovechkin has already vowed that he will play in the Games in his host country regardless of what the NHL decides.

Debate continues to rage as to what effects — both positive and negative — taking a two-week break in the heart of the season has on the NHL. It all seems good when the Olympics are held in North America and its conducive time zones for television coverage of the Games, and when the gold medal game features a dream matchup.

But for every finish like this one, there is also the possibility Sweden and Finland could fight for gold on the last day, as was the case at the 2006 Turin Olympics. And next time out, the Games will be in a time zone that makes for weak television ratings in North America.

m.metronews.ca
ScanLife
Alex Ovechkin more sanguine than his president, says Canada "deserved" to win Olympic gold. Scan this code for the story.

NBC said yesterday that Sunday's gold-medal game was the most-watched hockey game in 30 years, drawing an average viewership of 27.6 million. Not since the finals of the Americans' 1980 Miracle On Ice run, when the U.S. secured gold against Finland, had so many viewed a hockey game on American television (32.8 million).

Canada's latest golden victory was seen by 10.5 million more viewers than in 2002 when the Canadians topped the U.S. for gold at Salt Lake City — a 61 per cent increase.

Still, even as NHL commissioner Gary Bettman praised the Olympic tournament, there was no discussion of the future.

"The 2010 Olympic Winter Games in Vancouver served as the latest affirmation that the quality of our play — and our players — is the finest in the world. We send our Olympians back to their NHL teams with our congratulations, appreciation and thanks for having represented their NHL teams, their league and their fans with such distinction," Bettman said in a statement.

"As every member of the gold and silver medal teams plays for an NHL club, the speed and skill of our outstanding athletes and our game remains on display as the excitement of our season resumes."

The NHL had one game scheduled last night in its return from the 14-day Olympic break — Detroit at Colorado — with a 12-game slate today. Miller will get a chance for a bit of redemption and revenge against Crosby.

The kicker is that Miller will also be facing U.S. teammate Brooks Orpik, who now goes back to being on the same side as Sid the Kid as a Penguins defenceman.

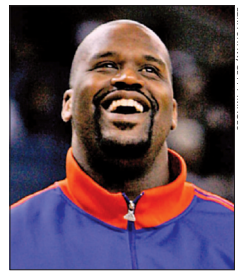
THE CANADIAN PRESS

Shaq likely done for rest of season

INJURY Cleveland Cavaliers centre Shaquille O'Neal had surgery on his injured right thumb yesterday and seems likely to miss the rest of the regular season.

If he gets back for the playoffs, though, O'Neal is promising to make up for his time out.

O'Neal will miss about eight weeks, the team said. He was examined Sunday by specialist Dr. Thomas Graham at the National Hand Center in Baltimore, who performed the surgery yesterday morning.


EZRA SHAW/GETTY IMAGES
Shaquille O'Neal is likely to miss the rest of the season.

"He feels like he let us down, but we understand injuries happen in the game," said teammate Jamario Moon, who got a text from the star centre along with the other Cavs. "I think he's really down about being out ... He let us know it's time to continue playing basketball and he's going to be all right."

The recovery timeline means O'Neal, who turns 38 Saturday, may not be ready for the start of the playoffs April 17. The Cavaliers acquired him last summer with an eye toward the post-season, after Dwight Howard and Orlando eliminated them in the Eastern Conference finals.

Cleveland enters its game yesterday against the Knicks leading Orlando by six games for the best record in the East. Should the Cavaliers and Magic retain the top two seeds, they wouldn't meet until the Eastern Conference finals, which begin in mid-May.

"Will be out for a min but when I return it is on," O'Neal posted on his Twitter account yesterday morning. "Win da ring for da king! Luv my team, Cavs baby!"

O'Neal has played well for the Cavaliers, averaging 12 points and 6.7 rebounds in 53 games. He injured the thumb Thursday at Boston when his shot was blocked by Glen (Big Baby) Davis with just more than seven minutes left in the first half.

Cavs general manager Danny Ferry said O'Neal will wear a splint for the next two weeks, then begin his rehab.

"Our guys have done a very good job of stepping up this season. We are confident they will do the same in this situation," Ferry said. "We are fortunate to have some depth in our front court that can keep us moving forward while Shaq recovers and returns to play for the post-season."

Anderson Varejao will continue to start at centre for Cleveland, which has the NBA's best record at 44-16. J.J. Hickson and Leon Powe, who recently returned from knee surgery, are also options.

Former backup Zydrunas Ilgauskas, traded to Washington for Antawn Jamison, is now a free agent following a buyout by the Wizards. Ilgauskas is free to sign with any team, but will have to wait another couple of weeks under NBA rules should he elect to re-sign with the Cavaliers.

THE ASSOCIATED PRESS

Calgary **Champion returns**

LARRY MACDOUGAL/THE CANADIAN PRESS
Team pursuit speedskating gold medallist Lucas Makowsky shows his gold medal yesterday to fan Brooke Treschel, 10, from Calgary, after arriving in Calgary from the Winter Games.

Argos give college linebacker chance to be quarterback

CFL The Toronto Argonauts are no longer devoid of quarterbacks, though you might not want to order your Chris Malleo jersey yet.

And don't expect to see B.C. Lions quarterback Buck Pierce in an Argo uniform, either. Sources say the Lions will likely release the oft-injured quarterback this week but the Argos are not interested in him.

The Argos are casting a wide net in search for a new quarterback, so wide it reaches as far as the Copper Football League. The team will work out several players before training camp, one of them being former Northwestern University linebacker Malleo.

Yes, linebacker.

Malleo started out as a quarterback at the Chicago university, but switched to linebacker after a freshman season in which he completed one of two passes for six yards. But he told a Phoenix radio station yesterday that he got the urge to return to his original position and landed a spot with the Phoenix Outlaws in an Arizona minor league.

The six-foot-two, 225-pound New Jersey native has passed for 289 yards and thrown four touchdown passes in two starts this season. Last year, he passed for 1,525 yards.

Malleo, who said he was originally scouted by Argo head coach Jim Barker when he was Calgary's player personnel director, is one of several quarterbacks the Argos plan to look at.

Sources say the Argos are also interested in Calgary third-stringer Drew Tate, whom Barker acquired from Saskatchewan last year. Tate completed 9-of-11 passes for 78 yards with the Stampeders last season.

The six-foot, 192-pound Texan ranks second among all passers at the University of Iowa and is best known for a last-play 56-yard touchdown pass that led Iowa to an upset of Louisiana State in the 2005 Capital One Bowl.

Much speculation has centred on Pierce, but sources say his frequent concussion and shoulder problems apparently have ruled out a chance with the Argos.

TORSTAR NEWS SERVICE

Ivey develops smartphone app
UWO's Richard Ivey School of Business recently launched a free smartphone application for the iPhone and BlackBerry called "Ivey MBA," which allows students and prospective applicants to receive instant updates from the school's social media channels. METRO NEWS SERVICES

Workology

Seneca goes co-curricular

Seneca College is recognizing the extra-curricular involvement of its full-time students with the new Co-Curricular Record (CCR) program, which documents a student's non-academic on-campus activities and accomplishments while studying at the college. The CCR is divided into four areas: Activity participation, awards, leadership experience, and professional development. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Workology in **brief**

CAMPUSES FEAR FOR RESEARCH BUDGET AMID NATIONAL DEFICIT As the federal government prepares to battle a record deficit, post-secondary schools face the prospect that new facilities funded by the Knowledge Infrastructure Program will not be matched with new research investments in the upcoming budget. Some say that without serious new funding, Canada could lose ground, especially as the U.S. makes research investment a priority. Academics are still reeling from last year's budget, which outlined a $148 million cut to the granting councils over three years according to the Globe and Mail.

FUTURE OF MOHAWK COLLEGE'S BRANTFORD CAMPUS UNCERTAIN While Mohawk College still wants to move its Brantford campus downtown, it may consider leaving the city if that is not possible, says Mohawk Brantford's dean. The Elgin Street campus was recently turned down for federal stimulus funding to move the school into the core. If the college cannot achieve its "No. 1 priority" to relocate the campus, "then in fairness to our students, Mohawk must investigate other opportunities." The dean says the college's inability to reach an agreement with Brantford to purchase the Elgin Street campus as part of the deal to bring the campus downtown also "contributed to us not moving forward."

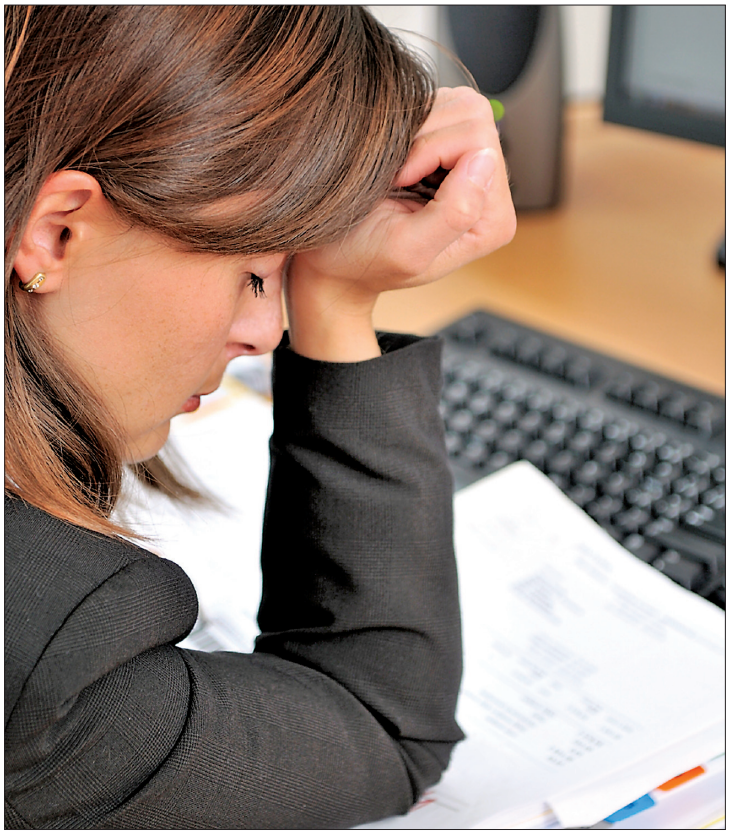
ONTARIO MPPS DENOUNCE ISRAELI APARTHEID WEEK Last Thursday, members of Ontario's legislature passed a motion to condemn Israeli Apartheid Week, a campus event that kicked off Monday at post-secondary institutions in 35 cities around the world. The MPP who initiated the resolution wants the event's name changed, noting that "it is close to hate speech" to liken democratic Israel to apartheid-era South Africa.

METRO NEWS SERVICES

Economy taking a toll

Workplace blues prevalence increased by 11 per cent in three years

SYLVIA PUTZ
for Metro Canada



Three-quarters of workers suffer from the workplace blues occasionally, according to a new survey.

If you're feeling glum about your job, you're not the only one.

"The economy we've been experiencing has taken its toll on the emotional state of workers," says Don Thibert, career expert and director of Academic Affairs at Everest College.

Three quarters of employed Canadians said they suffer from work-related blues at least occasionally, according to the third annual Everest College Workplace Blues Survey recently conducted by Harris/Decima. And moreover, this number has increased by 11 per cent over three years.

The survey also revealed 61 per cent of Canadians are not optimistic about getting promoted. And more than a third consider their work to be a job without growth potential, rather than a career with advancement opportunities.

One reason for worker depression is that "job stability has been rocked by this economy", says Thibert. Losing a job due to downsizing is a real fear, and employees are worried that taking any risks could backfire. So they're keeping a low profile, regardless of their job satisfaction.

And when layoffs occur, the employees who are left are often asked to take on extra work.

What happens is that many employees allow their work-life balance to tilt off-kilter in hard economic times. Because they're worried about drawing negative attention to themselves, they may delay vacation, work longer hours and take on more work than they can reasonably handle. In the end, it's not a good idea. "If you're not happy at work, your unhappiness tends to leak out into your life," says Thibert. And that causes more stress. What can you do? You can't change the economy, but you can take stock. "You work for 40 years of your life. That's a long time, so you should enjoy what you do," says Thibert.

But the process of determining job satisfaction and what to do about it isn't always so simple. Thibert recommends keeping a workplace diary for a month or so, noting whether you had a good workday or not, and why. You may rate your days on a scale of one (miserable) to 10 (excellent). After a while, you'll notice patterns.

"It's understood that there are some bad days," says Thibert. An average score of between seven and 10 means that you enjoy your job most of the time. To make it even better, you may be able to identify from your diary what it is you don't like at work, and you may be able to negotiate with a co-worker or your boss to get more of what you like and less of what you don't.

"I'd encourage those people to take a good long look at their skills, what they enjoy and what they don't, and to update."
Don Thibert on those 'suffering' at their job

If your score is six or lower, "you're suffering," says Thibert. "I'd encourage those people to take a good long look at their skills, what they enjoy and what they don't, and to update." They need to take charge and figure out what type of job gives them more satisfaction, he says. He adds that employees who have been forced to make changes to their work life because their jobs were terminated are sometimes the happiest. "At the college, I've heard again and again that people wish they'd made the career change earlier."

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Nothing cutthroat in Liberty Village biz

Small Business City

RAFAEL BRUSILOW
for Metro Canada

Hot properties meet hot business opportunities in Liberty Village — and local business owners are happy to be along for the ride.

A rapidly growing community measured both in new residents and new businesses, Liberty Village is a self-contained enclave known for its trendy condos and just-out-of-downtown feel.

Located south of King Street and running from Strachan Avenue to the Gardiner, the Village has seen thousands of new condo and townhouse units go up in just the last five years and has many more already nearing completion, bringing in an unprecedented number of local customers to local businesses.

Lynn Clay, executive director of the Liberty Village Business Improvement Area, says the area's close proximity to downtown and Exhibition Place has made it a big draw for residents and the businesses that want to serve them.

ALL PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

A trio enjoys a laugh at The Liberty Bistro in Liberty Village, above. At left, the front door of said restaurant.

"We're very fortunate to be nestled in an area that always has a lot of things happening and there's a strong sense of community here. There's a great deal of support for local business that comes from the local residents," Clay said.

Arshad Merali opened Liberty Noodle (171 East Liberty St., No. 100) just six months ago and says he, like many new businesses owners in the area, came to Liberty Village because he saw great potential and so far entrepreneurs throughout the village are working together.

"I've talked to other business owners and we all share the same belief that there's tremendous opportunity here. There's a lot of collaboration happening and we try to help each other to be successful," Merali said.

CONT. ON NEXT PAGE>>

Don't miss Spaces and Places!

Liberty Village will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!

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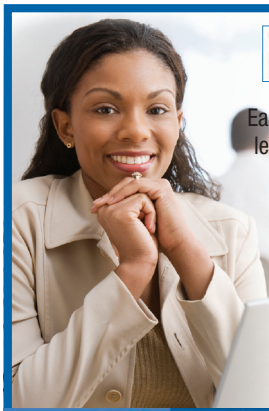

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RAFAEL BRUSILOW/FOR METRO CANADA

The interior of Liberty Noodle.

<<CONT. FROM LAST PAGE

Liberty Noodle is Merali's second restaurant — he opened Blowfish (668 King St. W.) in 2003 and already has plans to open two more places in Liberty Village, starting soon with a high-class burger joint named Chuck & Co.

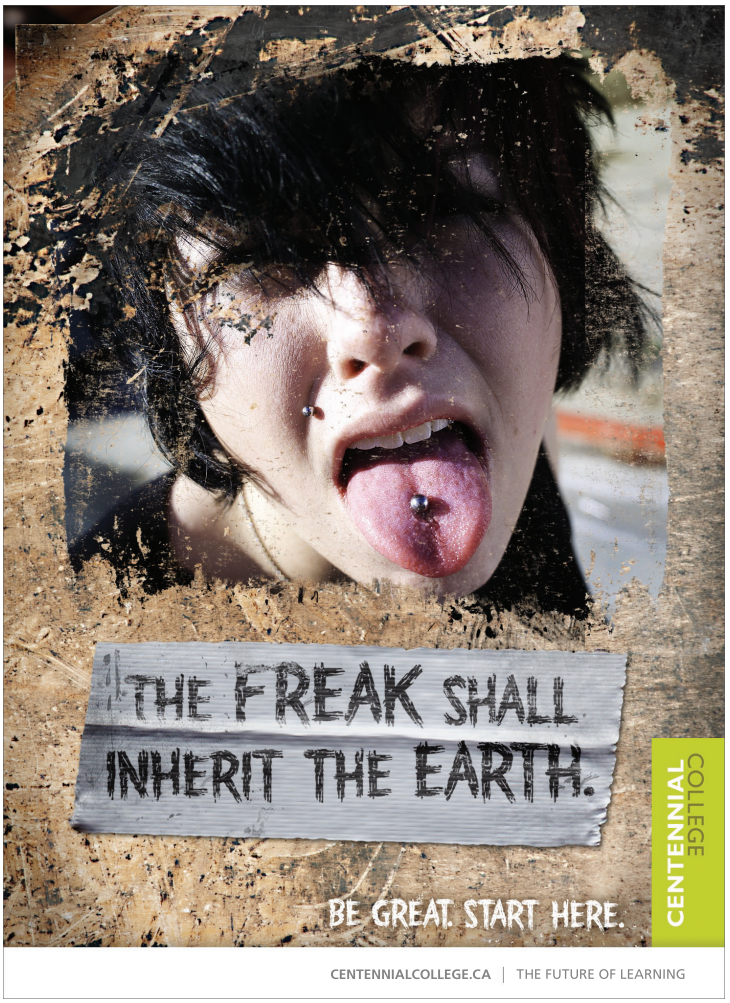
He's motivated by the Village's rampant expansion and wants to take advantage of what he believes will be an increasingly lucrative and desirable market.

"I really like getting involved with an area when it's on the ground floor level and this area is up and coming. There are young people here who are educated, earning good money at jobs they love, who want to go out and enjoy their lives. There's a real neighbourhood feeling here," Merali said.

Remember to pick up an edition of Metro on Thursday for the Liberty Village Spaces & Places feature.

Bistro, a Liberty Village icon

- A long-time icon of the Village since opening six years ago, Liberty Bistro is a staging ground for local artists and musicians. Owner Nezam Soltanzadeh has seen change overtake Liberty Village from the beginning and says while the challenges of running a business in Liberty Village are similar to anywhere else, local support has always been strong. "There's been a lot of change in the area and it's been turbulent sometimes but getting to know my customers and them getting to know me has been great for that bond of friendship. I enjoy every challenge as it comes," Soltanzadeh said.



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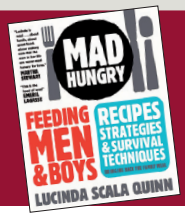
"Fat Doug" hamburger wins

Food Network Iron Chef Michael Symon's "Fat Doug" hamburger was recently named top burger at the South Beach Wine and Food Festival. It was a beef patty topped with pastrami, Swiss cheese and coleslaw on a brioche bun. THE ASSOCIATED PRESS

Food



The way to a man's heart...

Lucinda Scala Quinn is a devoted cook who believes that the way to her four males' hearts and stomachs is to provide them with homemade meals. So the vice-president and editorial director of food and entertaining for Martha Stewart Omnimedia is sharing her strategies and recipes in her fourth cookbook, Mad Hungry: Feeding Men & Boys (Artisan, $39.95). She also provides survival techniques for bringing back the family meal. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A dish to satisfy mixed company

Serving dinner to mixed company — vegetarians and meat eaters, that is — can be a tricky affair. Hearty pasta dishes are your easiest path to culinary harmony.

Bow-tie pasta with rapini and chickpeas is a fine option for several reasons.

First, the rapini (also called broccoli raab, a pungent relative to broccoli) gives the dish an assertive, complex flavour that will please varied palates. The chickpeas also provide a meaty texture, as well as satisfying protein.

And if your heart's set on putting some meat in the dish, sweet or hot Italian sausage makes a tasty addition. Or a little cooked bacon crumbled over the top is nice, too.

Consider serving this pasta with some crusty bread and a salad dressed with a tart vinaigrette to balance the bold flavours of the dish.

Above: Bow-Tie Pasta with Rapini and Chickpeas. Above, right: Peanut Toffee Pie.

Bow-Tie Pasta with Rapini and Chickpeas

MAKES 4 SERVINGS

INGREDIENTS:

- 1 kg (2 lb) rapini (broccoli raab)
- 250 g (8 oz) bow-tie pasta (farfalle)
- 30 ml (2 tbsp) extra-virgin olive oil
- 3 cloves garlic, minced
- 1 ml (1/4 tsp) red pepper flakes
- 1 can (398 ml/14 oz) chickpeas, drained and rinsed
- 15 ml (1 Tbsp) lemon juice
- Salt and ground black pepper, to taste
- 50 ml (1/4 cup) grated Parmesan cheese

METHOD:

1. Bring a large pot of salted water to a boil.

2. Trim and discard stem ends, yellowed leaves and any stems thicker than 0.75 cm (1/3 inch) from rapini. Chop coarsely.

3. Add rapini to boiling water (in batches if necessary) and cook until tender, about 2 minutes. Using a large slotted spoon, transfer rapini to a colander to drain, using spoon to press out any excess liquid. Leave pot of water over heat.

4. Add pasta to boiling water and cook according to package instructions.

5. Meanwhile, in a large skillet over medium-low, heat oil. Add garlic and cook, stirring constantly, for 90 seconds. Add red pepper flakes and cook, stirring constantly, for 30 seconds. Add chickpeas, lemon juice and drained rapini. Stir until well combined and heated through. Season with salt and pepper.

6. Drain pasta and transfer to a serving bowl. Add rapini mixture and Parmesan cheese, then toss to combine. Serve with extra grated Parmesan for topping, if desired.

THE ASSOCIATED PRESS

Peanut Toffee Pie

MAKES 8 SERVINGS

INGREDIENTS:

- 23-cm (9-inch) frozen pie shell
- 150 ml (2/3 cup) corn syrup
- 125 ml (1/2 cup) brown sugar
- 2 eggs, lightly beaten
- 30 ml (2 Tbsp) butter, melted and cooled
- 1 ml (1/4 tsp) salt
- 10 ml (2 tsp) vanilla
- 250 ml (1 cup) peanuts
- Whipped cream (optional)

METHOD:

1.Place rack on lower shelf of oven. Preheat oven to 220 C (425 F). Place pie shell on a baking sheet and let stand for 10 minutes to thaw slightly.

2. Meanwhile, in a large measuring cup or bowl, whisk corn syrup with brown sugar, eggs, butter, salt and vanilla until any sugar lumps have dissolved and mixture is combined. Coarsely chop half the peanuts. Then sprinkle whole and chopped peanuts over pie shell base. Slowly pour filling over peanuts.

3. Bake on lower rack of preheated oven for 10 minutes. Reduce heat to 180 C (350 F) and continue to bake until deep brown and just set, 20 to 25 minutes. Let stand for at least 1 hour before slicing. Delicious warm or at room temperature served with a dollop of whipped cream, if desired.

THE CANADIAN PRESS

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myStarbucks app
Starbucks recently launched the myStarbucks application, which allow users to build and share their favourite beverages, find store locations anywhere in the world and look up detailed nutritional information. METRO NEWS SERVICES

Chicken potpie meets french toast-style topping

French Toast-Topped Chicken Potpie
MAKES 6 SERVINGS

INGREDIENTS:
- 15 ml (1 tbsp) butter
- 15 ml (1 Tbsp) extra-virgin olive oil
- 45 ml (3 tbsp) all-purpose flour
- 1 can (398 ml/14 oz) reduced-sodium chicken broth
- 375 ml (1 1/2 cups) cubed (1 cm/1/2 inch) butternut squash
- 500 ml (2 cups) cooked and shredded boneless, skinless chicken breast
- 250 ml (1 cup) frozen baby peas
- 75 ml (1/3 cup) reduced-fat sour cream
- 5 ml (1 tsp) lemon juice
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 2 ml (1/2 tsp) dried herbs de Provence (or thyme)
- 75 ml (1/3 cup) low-fat milk
- 2 large eggs
- 6 slices firm white bread, halved diagonally, crusts trimmed

METHOD:
1. Heat oven to 230 C (450 F). Coat a 2-l (8-by-8-inch) square glass baking dish with cooking spray.

In a large saucepan over low, heat butter and olive oil until butter is melted. Add flour and whisk for 1 minute. Gradually whisk in broth.

2. Increase heat to medium and continue cooking, stirring constantly, until sauce simmers and thickens, 3 to 4 minutes.

3. Add squash and continue simmering, stirring often, until squash is nearly tender, about 4 minutes.

4. Remove saucepan from heat and stir in chicken, peas, sour cream, lemon juice, salt, pepper and herbs. Pour mixture into prepared baking dish.

5. In a shallow bowl or pie plate, whisk together milk and eggs. Dip 2 triangles of bread at a time in egg mixture until soaked. Arrange slices over top of filling in baking dish.

6. Bake until bread is golden-brown on top, 15 to 20 minutes. Serve hot.

7. Alternatively, the recipe can be prepared in individual ramekins. For ease, arrange ramekins on a rimmed baking sheet before filling. THE ASSOCIATED PRESS

French Toast-Topped Chicken Potpie.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Cheers to Oscar

Last year's snub of The Dark Knight convinced the Oscar brain trust to acknowledge 10 flicks this year. I've only seen five, so here's my annual (yet abbreviated) booze matches for the nominees.

AVATAR: I love my science fiction and the big blue Na'vi inspire the choice of **Hpnotiq** ($40 - $49.99) — a blend of vodka, cognac and tropical fruit juice — as the perfect colour-coordinated partner.

UP IN THE AIR: I fly a lot and when grabbing a drink on board I turn to a neutral spirit which, of course, is served in a 50 millilitre bottle. A little (literally) **Absolute Vodka** ($2.99 - $3.25) helps me go a long way.

INGLOURIOUS BASTERDS: All the Nazi scalping fun takes place in France so I'm sure the boys would have enjoyed a mug of French lager like the creamy **Kronenbourg 1664** ($2.60 - $2.99).

DISTRICT 9: The South African location for this brilliant piece of sci-fi makes methink wine and a glass of **Two Oceans Shiraz** ($9.95 - $12.49).

THE HURT LOCKER: This explosive pic has a lock on Oscar. Celebrate with a Jäger Bomb made by mixing a half a can of Red Bull and an ounce of **Jägermeister** ($28.95 - $33.99).

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

The 81st Annual Academy Awards

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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Boot it up and get outside

CELIA MILNE
for Metro Canada

Need to get rid of winter belly fat? Eating well is key, but so is exercise.

The best prescription, according to two fitness experts, is to get outside and walk, run, or play. After you've done some cardio, focus on your tummy. Crunches (sit-ups) are out, says Shawna Kaminski, a certified boot camp instructor in Calgary. The plank is in.

The plank, which is done in a position similar to a push-up, except the elbows and lower arms are on the floor, targets the abdominal area and is much safer and easier to learn than crunches. "Hold the position for as long as you can. As you get stronger, hold it for longer periods," says Kaminski. "You'll have a stronger, flatter tummy." The bonus: Having a strong core will reduce back aches and improve posture.

Another amazing exercise, which can be done anywhere, anytime, is the good, old-fashioned push-up.

"There is nothing new or glamorous about doing push-ups, but they work!" says Kaminski, who has been a physical education teacher for 20 years, as well as a national competitor in swimming and freestyle skiing, a bodybuilder, and a certified adventure boot camp instructor (calgaryNWBootCamp.com).

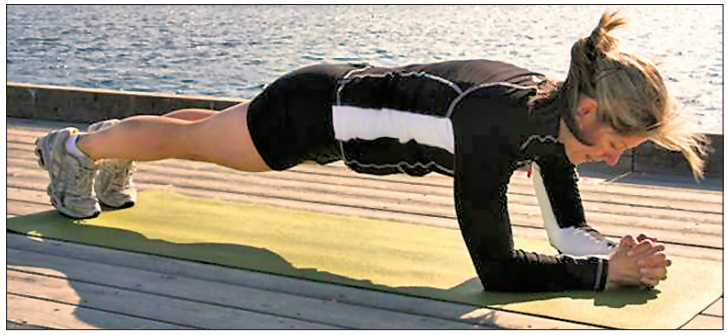

PHOTO PROVIDED

Beige may be the new black, but the plank is the new sit-up.

"You don't need a lot of fancy equipment ... Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing."

Push-ups work muscles of the upper body such as your chest, shoulders and triceps — as well as your core muscles. If done regularly, they'll also do wonders for those "Hello Ednas," the pesky flab flaps behind your arms.

If you can't do full push-ups, do them with your knees on the ground.

Outdoor boot camps — which provide the incomparable value of exercising with a group, getting fresh air and having fun all at the same time — are exploding across the country.

"My clients tell me they prefer to exercise outdoors because they find gyms stuffy and sweaty and they worry about germs. Plus, you can't beat the amazing scenery," says Sandra Banks, a certified personal trainer in Vancouver (vancouveroutdoorfitness.ca).

You don't need a lot of fancy equipment to exercise outdoors, says Kaminski. Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing.

"You are only limited by your imagination. How long has it been since you tried the monkey bars? You'll have new respect for children once you try this challenging upper body exercise," she says. Aim for losing weight slowly: One or two pounds a week.

"If you have a lot of weight to lose, plan on attending boot camp or some other exercise regime long term," advises Kaminski.

PHOTO PROVIDED

Gyrotonic apparatus helps to build muscle and enhance coordination.

Tonic for a healthy mind and body

CELIA MILNE
for Metro Canada

There's a new workout in town.

Gyrotonic, which is inspired by swimming, tai chi, yoga and dance, involves graceful movements done on wood-framed equipment.

Like yoga, it takes a while to learn properly, but once you get it, it is an amazing workout that will leave you sweaty and out of breath but calm.

The goal of Gyrotonic, which is very new in Canada, is to build strength and coordination, says Crispin Redhead, a trainer and former dancer who runs Gyrotonic Toronto.

The exercises are designed to increase the space between the vertebrae by moving several parts of the body simultaneously. The movements are fluid and somewhat unconventional — twists, bends, spirals and stretches.

They were developed by former dancer Juliu Horvath in the 1960s. Redhead learned the techniques in New York City and brought the machines and the discipline to Toronto.

Redhead has clients from age 14 to age 84. They include athletes looking for a balanced workout, professional dancers who want to improve their performance, as well as regular folk toning muscles or rehabilitating an injury.

Sessions are one-on-one and customized to suit individual strengths and problem areas. For more information, visit crispin.ca

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Sweating it out together

The J Spot

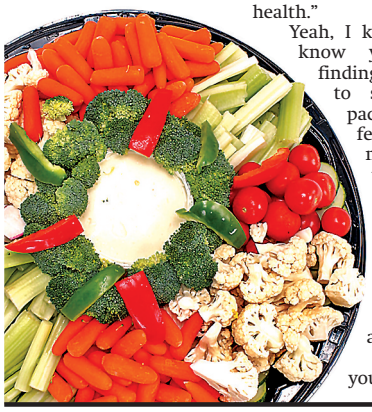
"Research shows that up to 94 per cent of couples stick with their fitness programs when they work out together. Just make sure the activity is something you both like. "

Getting on the same fitness page as your partner can be tricky. You've vowed to love each other in sickness and in health.

But when your idea of health is getting to the gym five days a week and eating a diet of fresh veggies and lean protein while your partner's idea of living healthy is not to "biggie" their fries, it can cause friction in the relationship.

With Olympic Fever still in the air and Spring Fever right around the corner, it's the perfect opportunity to try and get your fitness goals in sync.

Of course, "Honey, get your fat butt off the couch and come to the gym with me," is not likely to motivate your partner. In fact, the word "fat" should never be uttered according to Tina Tessina in an article on thatsfit.com. Tessina, a psychotherapist and author of How to Be Free and Still Be a Couple says the best way to raise the weight issue is to approach it from a health perspective. Instead of telling your partner they've gained weight (duh, honey, really?), gently bring up the topic by saying, "I want you to be around for a long time and I'm worried about your health."



Yeah, I know, they'll know you're just finding a nice way to say they've packed on a few, but it may make them more open to doing something about it if you're at least nice and supportive about it. Nagging your partner or criticizing them will only send them straight for the nearest bag of potato chips. Instead, influence by example. Prepare healthy snacks for yourself and keep healthy snack options in the house.

Rather than radically changing your diet and eliminating all your partner's favourite foods, make subtle changes. Switch out the hamburger for ground turkey in the chili, for example. Go grocery shopping together so you're both involved in meal planning and food choices. Also, while not exactly a candlelit dinner, it's still an opportunity to spend some time together.

Research shows that up to 94 per cent of couples stick with their fitness programs when they work out together. Just make sure the activity is something you both like. If you're a gym bunny but your partner would rather eat glass than get on a treadmill, find activities you'd both enjoy, like bike riding, hiking or, I don't know, nude mud wrestling.

Hey, don't laugh. Regular exercise may make you want to get naked with each other on a more regular basis. Studies show that people that exercise regularly feel better about themselves, perceive they are more sexually desirable and experience greater levels of sexual satisfaction.

So, if you've run out of ways to motivate your partner to get healthy

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Make spring time checkup time for you and your family

CELIA MILNE
for Metro Canada

Whether you are young or old, male or female, spring is a great time for your annual checkup.

For one thing, it helps build a relationship with your physician. The tests that a doctor does at an annual checkup are tried and tested.

They help prevent problems from occurring, or catch them early on.

Your doctor can check if your weight, cholesterol and blood pressure are higher than is healthy.

He or she can advise you on necessary or optional vaccines, let you know if you are deficient in vitamins and minerals, and screen you for signs of cancer.

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Use the belly to lose the belly

ROMINA MCGUINNESS
Metro World News

Egyptian women used belly dancing as an internal massage; preparing the female body for childbirth.

Today, it's seen as one of the trendiest exotic exercises to hit the gym. Combining a cardio vascular workout with mental relaxation, a typical one-hour class will strengthen and shape the body.

Belly dancer Arina Djakova, from the London Dance Academy, tells Metro how to turn the dance into a full body workout, from the shoulder shimmy to the snake arms.

FULL BODY WORKOUT: "The entire body is being engaged, it's truly a full body workout," exclaims belly dancer Djakova, "Each and every muscle is worked on in isolation and the end result is a feminine body, with everything in the right place — not too skinny and with the most wonderful hips and waistline."

FLICKR/FOXTONGUE

Belly dancing creates major muscle control.

LEGS: The dance moves and holding positions help you tone and engage your leg muscles. "As you hold one particular pose on one hip, you are maintaining this because of the extra weight you are applying on the opposite side. This is what allows you to build up strength and resistance," says Djakova.

STOMACH: This is really the crunch of the exercise — being able to perfect a belly roll, which requires you to roll your belly up and down without engaging any muscle other than your abdominals. You are individually using three parts of your abdominals as you roll up then down: the top, the middle and the bottom.

HIPS: One of the moves the body finds most natural in belly dancing is the figure of eight, which is a complete rotation of the hips. "Most people do the figure of eight every time they go out dancing without even realizing it," explains Djakova. "Every time you do the figure, you are emphasizing and enhancing the beauty and natural curb of your waist."

ARMS: The "snake arm" is when you lift the arm up and down from your shoulder and elbow. The effort required to lift the arm in the air without support helps tone this particularly difficult area.

NECK & SHOULDER: The shoulder shimmy, a backwards and forwards shaking movement, simultaneously works the shoulders and the hips. It's a cardio vascular exercise requiring deep breathing and that will make you break out into sweat. Your entire upper body, from the shoulders, to your neck over to your diaphragm is in motion — it's an incredible way of releasing energy.

POSTURE: Grace and posture is a key factor to the perfect belly dance. Postures are similar to those used in yoga and Pilates, whereby keeping in line with your spine will relieve tension from the lower back while building up strength.

MIND: "It's a low impact and relaxing exercise," says Djakova. "Moves are fluid, the mind relaxes and this helps improve self image and body confidence as you become more engaged with every single muscle. As you observe the swirling and swaying of your body, you become more in touch with it as a whole."

Shake your hips like Shakira

A few exercises and tips for hips a waistline like Shakira by her personal trainer Tracy Anderson.

GETTY IMAGES

1. With legs shoulder-width apart and knees facing ceiling, lift and reach hand through legs alternating palm up and palm down. 25 reps then switch arms.

2. Keeping legs shoulder-width apart, return hands to behind head and lift leg straight up, toes pointed out. 25 reps on each side.

3. Pike: With legs straight out in front and together, overlap hands under tailbone. Raise legs together to a 90-degree angle before lowering to floor. Do 50 reps.

4. Lay back on mat, hands behind your head and keep the elbows out to the side. With legs straight out in front cross right leg at ankle over left leg. Lift up for 25 reps then switch legs.

Dietary tips to a flat stomach

DOS:
"Good" monosaturated fats found in avocados, nuts (almonds, Brazil nuts), seeds (sunflower, linseeds) and olive oil help keep cholesterol levels down and help facilitate digestion.

DON'TS:
Milk and dairy products, especially fermented cheeses should be avoided, as should fried foods and carbohydrates such as bread, past and potatoes. Chewing gum is also ill advised, as it will cause you to ingest air, which could cause your stomach to bloat.

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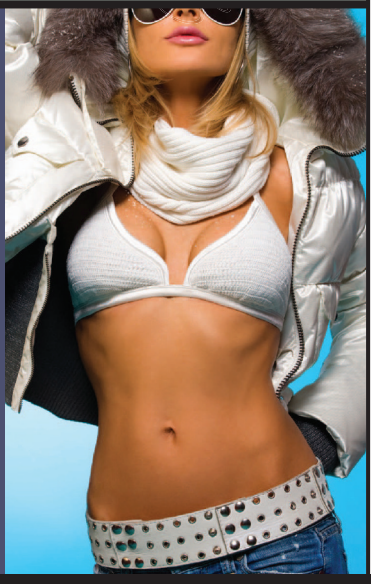

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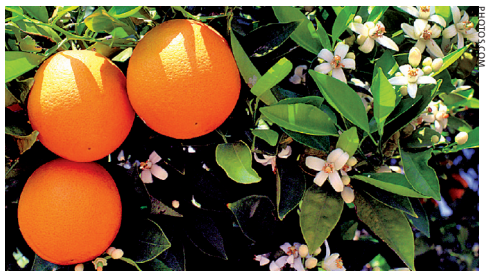
A scent sweetens the lives of women

JON TATTRIE
for Metro Canada

When Canadians think of Afghanistan, images come to mind of soldiers, dusty mountains and burkas. When Barb Stegemann thinks of Afghanistan, she smells flowers and a new perfume she's about to unleash on Canada.

PHOTOS PROVIDED
Barb Stegemann


PHOTOS.COM
The orange-blossom oil she uses is sold by Afghani women.

"It's really precious. My perfumer says it's one of the greatest scents ever," the Halifax businesswoman and author says of Afghanistan Orange Blossom Eau de Parfum.

"It's very fresh. It's got lighter notes of freesia and other citrus notes, but mainly (it's) the orange blossom oil with a hint jasmine. The perfume is incredible: it makes me happy," she laughs. "The minute you smell it, you associated it with light, fresh, happy; we're changing the perception of a community. There are some beautiful things in Afghanistan."

Born in rural Nova Scotia, Stegemann moved to B.C. and ran a consulting firm before returning to Halifax. Two years ago she published The Seven Virtues of a Philosopher Queen: A Woman's Guide to Living and Leading in an Illogical World and became a full-time author and motivational speaker.

Now she's set her sights on the beauty world with Afghanistan Orange Blossom. Stegemann buys orange-blossom oil directly from women in Jalalabad, Afghanistan. That allows them to earn a decent living without being beholden to the Taliban and it allows Stegemann to produce what one fashion magazine called an "absolutely glorious" scent.

Stegemann has a professional perfumer turn the oil into perfume and has long-term ideas about branching out into candles and bath oils.

Like her book, the perfume's packaging comes infused with quotes from poets and leaders. During the steep learning curve of bottling her own perfume, Stegemann was delighted to discover that "Gandhi" means "seller of perfume." Mohandas Gandhi is one of her personal heroes.

For Stegemann, the total package is about 3-D beauty. "It's the new retail therapy: You come, you want to look more beautiful, you leave more beautiful on the inside," she explains.

Afghanistan Orange Blossom is being launched on International Women's Day (March 8) and will be available at The7virtues.com and select retail outlets across Canada.

Research Volunteers Needed

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Roger Jr. speaks to Oprah

Roger Ebert, who lost the ability to speak after a series of cancer-related surgeries, is now able to "talk" again using a computer voice simulator he designed which will allow him to regain his "voice." He plans to debut "Roger Jr." on today's Oprah Winfrey Show. EW.COM

Entertainment

Coco to wed

Canadian supermodel Coco Rocha, left, announced on her website yesterday that she is engaged. Fiancé James Conran proposed to Rocha last week, she adds. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Madison Violet nabs Lennon prize

MUSIC The Toronto-based alt-country-folk duo Madison Violet has won a grand prize in the second round of the 2009 John Lennon Songwriting contest for their song Ransom.

Brenley MacEachern and Lisa MacIsaac, sister of Ashley MacIsaac, last year won a Canadian Folk Award as the best vocal group.

There are two rounds of 12 grand prizes awarded each year in the Lennon contest. Prizes include $5,000 worth of studio equipment. Winners compete to become the overall winner in their category and go head-to-head for the $20,000 Maxell Song of the Year prize. THE CANADIAN PRESS

New sitcom to star Bertinelli

TELEVISION TV Land says it's hot on Hot in Cleveland, a sitcom pilot the network is rushing into production for airing this summer.

The series will star sitcom veterans Valerie Bertinelli, Jane Leeves and Wendie Malick.

The multi-camera comedy revolves around three eccentric best friends from Los Angeles who, by a quirk of fate, set up housekeeping under the same roof as they discover the new world of Cleveland. Initially 10 episodes are planned. THE ASSOCIATED PRESS

Last chance for Death Row

Canadian-run gangsta rap label mired in controversy

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

It won't come as a surprise for you to know that I've never been to a Death Row Records party, but I can imagine what it would have been like. The venerable rap label, started by endlessly incarcerated Suge Knight and hip-hop legend Dr. Dre, played a major role, if not the biggest part, in gangsta rap's popularity. It's no secret that guns, drugs and dubious characters played a big role in the label's success — and downfall — so a night out with the likes of Tupac, Snoop and Knight would have been wild to say the least.

It should be a different story tonight, when Death Row's new parent company, Toronto's WIDEawake Entertainment, unveils its new 6,000-square-foot multi-media studio in the trendy Liberty Village neighbourhood. There will likely be no old Death Row artists, corrupt cops, or former inmates at this shindig, only lawyers, media and business types.

The new Death Row, which is part-owned by Lara Lavi, a self-proclaimed Jewish soccer mom, is about as far from gangsta as the label can get. It's still mired in controversy, but it's more of the white-collar variety (Lavi's suing WIDEawake for trying to dump her, Dre is suing Death Row for re-issuing The Chronic without his permission). Still, former Death Row engineer and now label president John Payne, said, in an interview with 411mania.com, he hopes to put out new music and continue to release songs from its back catalogue.

But, I have to ask, what's the point? Names like Tupac Shakur and Snoop Dogg are still big money makers, and the label's publishing assets are in the millions, but without the violence, drugs and the controversial leader, the Death Row brand isn't nearly as strong as it once was.

"I don't know if there will ever be the same street appeal for that label again," says Jake Brown, author of The Rise and Fall of Death Row Records.

Brown adds that even the label's hope that rap fans will keep coming to the Tupac well over and over again may be misguided. "Most of those masters have either been repackaged or remixed," he says. "And Tupac fans, who have been an extraordinarily loyal consumer base, already bought those records."

The only way the label can rise from the ashes and regain its cred is by installing a name figurehead as president — like Priority Records did when it made Snoop Dogg its "creative chairman."

It also needs to sort out its legal issues, something they may be able to do better than Knight — but with a rising debt of about $25 million — WIDEawake could sell the label before it really gets off the ground.

Whatever happens to this once powerful music machine, Brown says Knight let go of the label a long time ago. "He's over all of it," says the author. "The guy's seen so much in life that nothing shocks him."

Death Row Records was started by Suge Knight, above, and hip-hop legend Dr. Dre, inset. It is now run by Toronto's WIDEawake Entertainment, which unveils its new multi-media studio in Liberty Village tonight.

"I don't know if there will ever be the same street appeal for that label again." Jake Brown

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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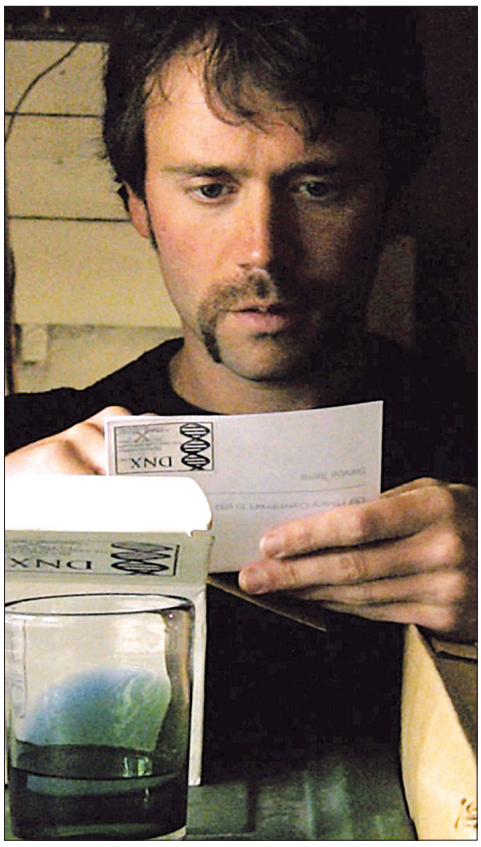
Peters goes sci-fi

Canadian comedian Russell Peters, right, has landed a part in a science-fiction film directed by David Bowie's son, Duncan Jones. A publicist says the Brampton, Ont.-raised funnyman will co-star in the U.S.-produced thriller Source Code. THE CANADIAN PRESS



Tom Keenan stars in Sean Garrity's Zooey and Adam.

Going solo together

Zooey and Adam director lauds actors' contributions

ADAM NAYMAN
for Metro Canada

The harrowing new Canadian drama Zooey and Adam comes advertised as an example of "Solo Cinema," meaning that it was conceived, filmed, and edited by a single individual. But filmmaker Sean Garrity rejects the idea that he was operating as some sort of one-man-band.

"The film belongs to my actors as much as it belongs to me," says the Winnipeg-based director who developed the project in close collaboration with a pair of local performers — Tom Keenan and Daria Puttatert — in an attempt to get back to the exploratory style he had utilized on his acclaimed debut feature Inertia (2001).

Zooey and Adam opens Friday

"I wanted to repeat that process with some variations," he explains. "On Inertia, we did a lot of rehearsals in my basement, so the actors had the advantage: they could pretend that they were anyone, or that they were going anywhere. I thought it would be interesting to put them out into the real world and force them to improvise with whatever is happening to them."

Garrity devised a three page outline for a story about a newlywed couple dealing with the fallout of a shared trauma and then led his actors through a series of exercises to flesh out the backstory.

"We had them meet for the first time, go on a first date, and I actually threw a little wedding for them," says Garrity.

This carefully cultivated sense of intimacy — plus the fact that the actors weren't informed of the story's overall arc — accounts for much of the film's power.

During its initial run on the festival circuit, Zooey and Adam became a flashpoint for controversy, with a lot of the debate focused around a fateful decision made by its female protagonist.

"I have been surprised by the way some people have responded to the film," says Garrity, who insists that he wasn't aiming for shock value.

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Housewife plugs estate jewels

It's shaping up to be a big week for New York Housewives star Ramona Singer. Not only is she returning to TV for the third season of the popular show, but she's also appearing today on HSN to launch her second collection of estate jewels. PEOPLE.COM

Plex gives hip hop a Native voice

BRIAN TOWIE
Metro Canada

Plex believes that a country that trades on multiculturalism should pay more attention to the plight of its Native communities.

The Edmonton-born, Toronto-based MC and founding member of hip-hop collective Won 18 (and brand new dad) will take that message to the Griffin Centre on March 2 for some hoops and a Q+A with the youth of the Jane and Finch area, along with showcasing his video Spare Change, off of his solo debut Brainstorm. The collaborative, eclectic and always confident grassroots collection range from relaxed to raging, taking aim at the rough lives of native peoples and a public that pretends not to see it.

Call hip hop the perfect medium to give the voiceless a way to say something, argues Plex (a.k.a. Doug Bedard, the son of an Ojibwa mother and Ukrainian-Romanian father).

"A lot of aboriginal people, especially in Canada, grew up in low-income areas," says Plex. "A lot of hip hop was based on that, especially in the poorer areas of New York. It's relatable for us. It's changed a lot over the years and become a lot more sugar-coated, but I think people are still looking for something that actually says something."

Well, somebody's got to, especially when discussing the impact of oilsands in northern Alberta on Native peoples, a subject near and dear to Plex's heart. As a former insulator on a rig, he says he saw first-hand the environmental and social devastation they brought. Not so easy to find people who will listen, however, when the province depends on the money flowing out of them.

"I don't think it serves the media any good to push it that much, especially in a province where the oil industry controls so much," he says. "But the devastation is across the board. People are getting sick. A place like Fort Chipewyan; people have been living there for generations and they're getting these weird cancers that only one in a million people get and you get several cases in one small region."

In the meantime, Plex will continue to foster grassroots rappers with his music label New Leaf Entertainment, and encourage aboriginal culture into mainstream circles with The Plex Show — an Aboriginal Voices Radio program profiling indigenous talent that airs across Canada on Friday nights.

Brainstorm is the solo debut album from Alberta artist Plex.

In concert

- Plex will be in Toronto today to perform and speak to youth from the Jane and Finch area about striving for their best at the Griffin Centre (24 Silverview Dr., in North York) at 4:30 p.m.

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Shrek Forever to open Tribeca
The Tribeca Film Festival will open with the world premiere of Shrek Forever After on April 21. The annual New York film festival, co-created by Robert De Niro, announced the selection Monday. THE ASSOCIATED PRESS

Cactus thorny thriller from outback

CHRIS ALEXANDER
for Metro Canada

Australians have been turning out dusty, violent, gritty thrillers for decades to the point where the so-called "Aussie Movie" is in fact a bit of a genre unto itself.

Case in point, first time writer/director Jasmine Yuen-Carrucan's rough and tumble neo-noir Cactus (opening Friday in Toronto), a nasty little char-broiled number co-starring well-known actor Bryan Brown (FX, Cocktail) as a crooked lawman who gets embroiled in some serious mayhem in the Australian outback. The film is filled with the cinematic earmarks that have come to define the "Aussie Movie" aesthetic.

"I think it goes back to Mad Max," says Brown. "I call it Australian Gothic — you get these people stranded in an environment like the outback, with no technology and they have to rely on their wits to solve their own problems."

Cactus opens Friday

Cactus stars Travis McMahon as an anti-hero who accepts a job to kidnap a notorious crook and bring him to the wilds of the outback. But, as in every good pulp fiction, complications ensue in the form of an outback cop (Brown) and an innocent truck driver (Shane Jacobson), who become lethal flies in an already dangerous ointment.

"When I got the script, I thought it was incredibly interesting," says Brown, who also executive produced.

"All of the things you expect to happen in a film like this, didn't. I took it on as a labour of love, and used whatever star power I had to help get the film financed as well."

Brown's sardonic police officer, Rosco, is himself a gripping character and, although he's not the central figure, when he's on-screen he owns the frame.

"I like Rosco because, though he's amoral, his actions are moral to him," believes the actor.

"Like all great outlaws, he's got a code that he lives by and that code makes life clear to him. He's fascinating."

DVD picks

Where The Wild Things Are

Directors: Spike Jonze

THE KEY TO appreciating Spike Jonze's imperfectly perfect screen adaptation of the classic bedtime story is in this director's statement: "I didn't set out to make a children's movie; I set out to make a movie about childhood."

What Jonze and screenwriter Dave Eggers have wrought in adapting Maurice Sendak's 1963 picture book perennial is something so primal, and so in touch with the rough "id" of youthful fantasy, it would be easy to dismiss as a simple kid's story.

That's true even though it's about a kid: boisterous nine-year-old Max, who is resisting maturity. He just wants to have a "wild rumpus" with his strange new woodland pals, who have crowned him king of their dusty jungle. Reality can wait, if only for a moment.

Where the Wild Things Are uses puppets instead of computers (although CGI rendering was needed for facial expressions), a sailboat instead of a rocket ship and dirt clods instead of guns or bombs. The giant forest creatures voiced by James Gandolfini, Catherine O'Hara, Lauren Ambrose, Chris Cooper, Forest Whitaker and Paul Dano are so handmade and primal, they come as a shock to the system.

Extra include four "Webisodes" of background material; the Blu-ray version has eight Webisodes, plus the short film Higglety Pigglety Pop!, featuring the voices of Meryl Streep and Forest Whitaker.

Gentlemen Broncos

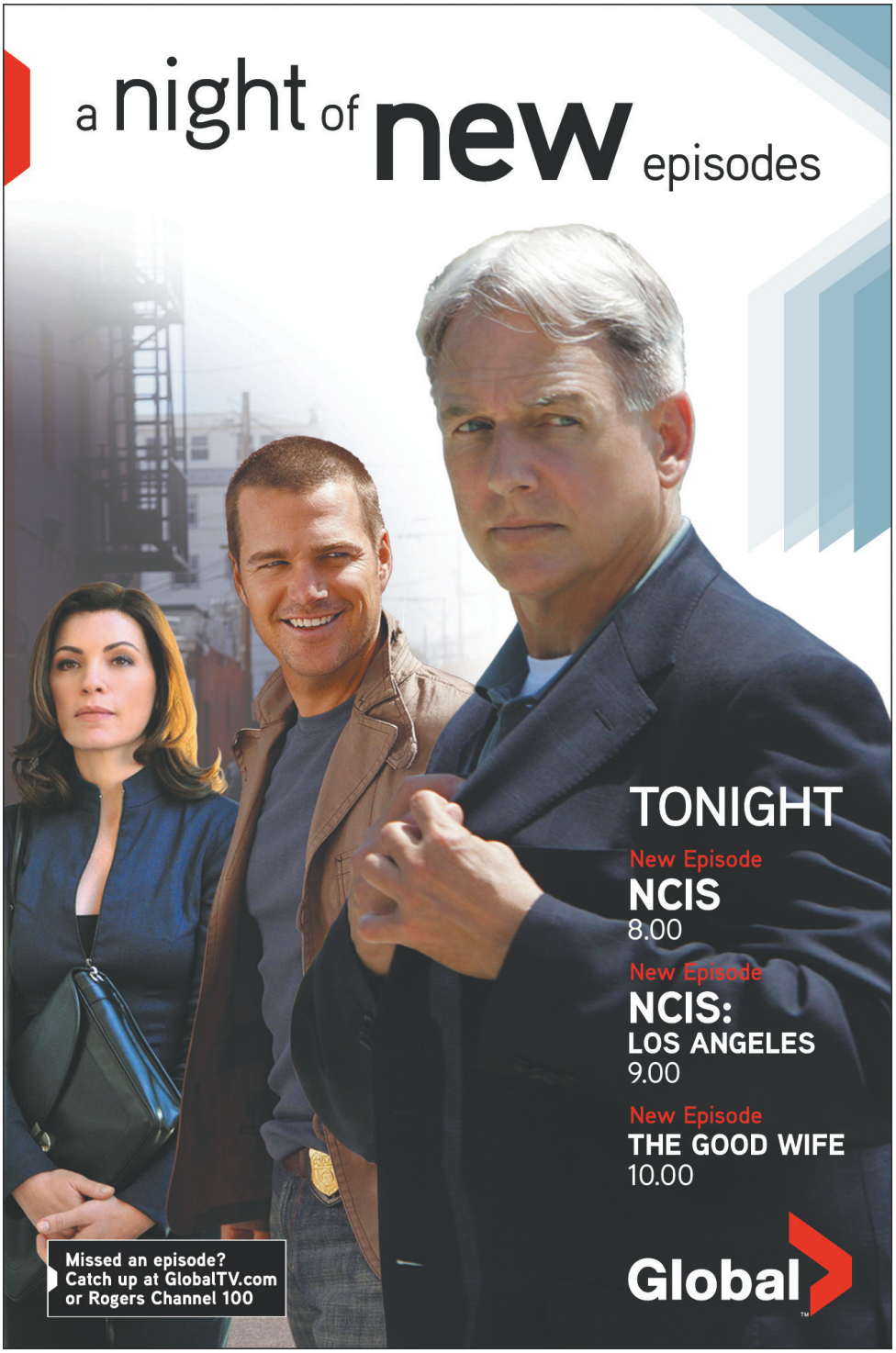
Directors: Jarred Hess

THIS SCI-FI THEMED comedy doesn't just visit Planet Quirk, it crash lands upon it. The fine sense of the absurd that enlivened Jared Hess' previous films, Napoleon Dynamite and Nacho Libre, is in scant supply here.

A wannabe author with great ambition but no discernible talent, Benjamin (Michael Angarano) pens an elaborate space oater called Yeast Lords, featuring a hero named Bronco (a very game Sam Rockwell) who loses his testicles to kinky aliens.

In real life, only a psychiatrist might be interested in Yeast Lords. Yet the achingly quirky Gentlemen Broncos has two sets of idiots fighting for the property: pompous and plagiarizing sci-fi hack Dr. Ronald Chevalier (Jemaine Clement from Flight of the Conchords); and Benjamin's erstwhile pals Tabatha (Halley Feiffer) and Lonnie (Nacho Libre's Hector Jimenez).

Peter Howell/for Metro Canada



TV Babies!
"Our babies and kids are busy!" says Ann Love at The Baby Face Agency. "In ads, movies, and modelling, some earned $30,000."
"We need cute babies and toddlers and boys and girls up to 16!"
Phones are open now for parents to list babies and kids. Dial (416)
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Good Wife, good TV

Successful CBS series returns for second season

Had The Good Wife not succeeded in its first season on CBS, creators Robert and Michelle King would have been happy to let the final scene of their 13th episode stand as the series finale.

The episode ended with a knock on the door, as the wayward husband portrayed by Chris Noth returns home from jail and greets his wronged wife Alicia, played by series star Julianna Margulies.

Instead, the scene is the starting point for the rest of the series' life, beginning today at 10 p.m. Disgraced Chicago politician Peter Florrick is under house arrest, trapped among a family changed because of his infidelities and not really sure if it wants him back.

The Good Wife has been a strong performer for CBS, nestled into a popular Tuesday lineup with the NCIS franchise, and the Kings know it will be on at least through next season and probably beyond. A scripted hybrid — part procedural and part an ongoing rumination on a damaged public marriage — the series has been a star turn for Margulies.

"You would never have wanted to end it where it would be such a conclusion that everyone's satisfied, because that's not Alicia's life," said Robert King, one half of the husband-and-wife team that produces the series. "Alicia's life is filled with questions."

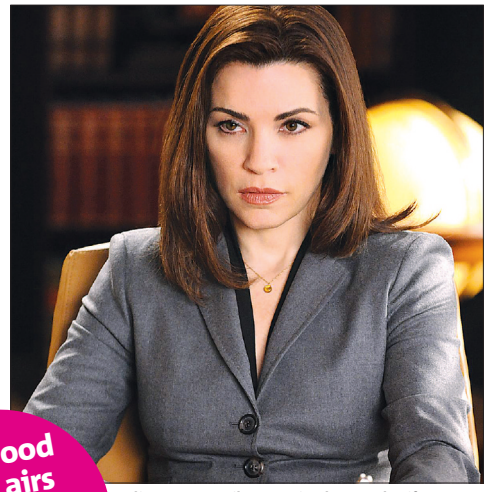
Among the upcoming questions: Will Peter be able to handle house arrest without going crazy? How does Alicia deal with a law firm that becomes increasingly ethics-challenged to survive? And is the law school buddy who gave her a chance to work more than just a buddy?

The Kings' inspiration for The Good Wife is obvious — the Spitzers, the McGreaveys, the Clintons and all those other marriages turned upside down by a politician's bad private behaviour.

In all these scandals, the Kings were more interested in the characters at the edge of the screen — the wives — and thought they offered fertile ground.

"Those women were a heck of a lot more interesting than the men who were cheating on them," Michelle King said.

THE ASSOCIATED PRESS



Julianna Marguiles stars in The Good Wife.

The Good Wife airs today on Global and CBS

to	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/2/10	265	353	2	TVO	Blue Realm		The Agenda With Steve Paikin		Father & Son (N)		The Cosmos	The Cosmos	Agenda-Paikin
primetime	211	331	3	GTV	Entertainment	ET Canada	NCIS "Mother's Day" (N)		NCIS: Los Angeles (N)		The Good Wife "Bang"		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		The Biggest Loser (N)				Parenthood "Pilot" (N)		News
	212	313	8	CTV	Lost "Sundown" (N)		American Idol The top 10 female semifinalists perform.				Law & Order: Special Victims		CTV News
	218	345	11	CHCH	*Babe* ★★★★ (1995, Drama) James Cromwell, Paul Goddard.				*Witness* ★★★ (1985, Crime Drama) Harrison Ford.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	George Lopez	The Insider (N)	Funniest Pets	Funniest Pets	To Serve and Protect		20/20 (HDTV) (N)		Becker
	-	387	16	CBS	Inside Edition	Access H.	NCIS "Mother's Day" (N)		NCIS: Los Angeles (N)		The Good Wife "Bang"		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	The Biggest Loser (N)				Parenthood "Pilot" (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Lost "Lighthouse"		Lost "Sundown" (N)		20/20 (HDTV) (N)		News
	219	346	20	ACH-B	Degrassi: Next	TMZ (N)	Lost "Lighthouse"		*Swarmed* (2005, Suspense) Michael Shanks, Carol Alt.				A News
	-	-	28	FOX	Judge Judy	Two/Half Men	American Idol The top 10 female semifinalists perform.				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Foot in Grave	NOVA (HDTV) (N) (DVS)		Frontline (N) (DVS)		SS United States: Lady		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV)		Melrose Place (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report (Live)		Big Mac: Inside McDonald's		Coca-Cola: The Real Story		Biography on CNBC (N)		Mad Money
sports	405	417	22	net	NHL Hockey Carolina Hurricanes at Toronto Maple Leafs. (HDTV) (Live)					Hockey Central	Hockey Central	Sportsnet Connected	
	400	400	30	TSN	That's Hockey!	NHL Hockey Philadelphia Flyers at Tampa Bay Lightning. (HDTV) (Live)					SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters International		Destin. Truth
	417	406	81	SC	NASCAR	NASCAR Hub	Race in 60 "Las Vegas" (N)		Monster Jam (HDTV) (N)		Dangerous Drives (HDTV)		Pass Time
family	551	542	25	YTV	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	570	580	29	MM	America's Best Dance Crew		Degrassi: Next	Degrassi: Next	My Date With...	Muchmusic Countdown			MuchOnDem.
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds "Lo-Fi"		Criminal Minds (HDTV)		CSI: Miami (HDTV)		CSI: Miami
	700	800	35	TLN	Centrovetrine	Sky TG 24	Distretto di Polizia		David Rocco	Magnifica Italia	George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	Gene Simmons
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Tearjerker
	616	521	39	SHO	Relic Hunter		*Termination Point* (2007, Suspense) Jason Priestley.				Drop Dead Diva (HDTV)		NCIS
	620	523	40	BVO	Mozart Decoded		Live at the Rehearsal Hall		The Susan Boyle Story		Paul Potts-Royal		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Million Dollar Listing		Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		Seinfeld	Name Is Earl	*Good Will Hun.*
	576	582	49	BET	106 & Park: BET's Top 10 Live		*National Security* ★★ (2003, Comedy) Martin Lawrence.				Michael Vick	Tiny & Toya	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV)		Fringe "Grey Matters"		InnerSpace (N)
	581	566	52	MTV	Peak Season	Cribs	Cribs	Parent Control	16 and Pregnant		16 and Pregnant (N)		MTV Live
	618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash	Last 10	Tube Tales
	603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible		Hell's Kitchen		Good Eats	Good Eats	Restaurant
	261	394	60	V	Murder, She Wrote		May-December	When I Laugh	Quantum Leap		Unscripted (N)	Crazy for Love	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case		Psychic Inv.	The Closer "Homewrecker"			Cold Case		Psychic Inv.
	300	601	301	M1	*Never Bac*	(7:25) *Desperate Escape* (2009)			*You Don't Mess With the Zohan* ★★ (2008, Comedy)				*Year One*
	305	612	306	PIX	(7:15) *The Wizard of Oz* ★★★★ (1939, Fantasy)				*Fiddler on the Roof* ★★★★ (1971, Musical) Topol, Norma Crane.				
	520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Scoring With the Stars		FashionTele	RAW	Canada's Next Top Model		Pretty Wicked		Blush: Artist

critics' corner

Kids in the Hall: Death Comes to Town
The plot thickens in the sixth installment of this comical murder mystery series. Questions arise about Crim's guilt when Shuckton is rocked by a second murder, and Ricky's investigation turns up not one but two shockers in the new episode "Cause of Death." 9 PM on CBC

The Good Wife
Alicia and Diane need to get a wife to testify against her husband in a murder case, but that pesky spousal privilege thing is getting in the way. Speaking of spouses, Peter is back home, attempting to readjust and working on a comeback with his political team in the new episode "Bang." 10 PM on GTV CBS

Parenthood
Freely adapted and updated from the 1989 movie comedy of the same title, this new dramedy views contemporary family life as reflected by the colorful Braverman clan. In the series premiere, Sarah, a single mom, returns to Berkeley, Calif., to be closer to her family, while brother Adam learns that his son has Asperger's syndrome. 10 PM on NBC CITY

Polytechnique leads Genie nominations

AWARDS Polytechnique, Denis Villeneuve's big-screen take on the 1989 Montreal massacre, has nabbed a leading 11 Genie nominations. The awards celebrate the best in Canadian film.

Nurse.Fighter.Boy, director Charles Officer's urban tale of a single mother and her son, landed 10 nominations while the Inuit survival story Before Tomorrow — from co-directors Marie-Helene Cousineau and Madeline Piujuq Ivalu — snagged nine. The Academy of Canadian Cinema & Television revealed the nominees at a news conference yesterday. This year's show will be held in Toronto on April 12.

THE CANADIAN PRESS

Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Cowell's girlfriend shows up with engagement ring
Simon Cowell's, left, makeup artist girlfriend, Mezhgan Hussainy, stepped out in public for the first time sporting the whopping engagement ring the American Idol judge gave her after proposing, according top Popeater. METRO WORLD NEWS

Celebrity Buzz

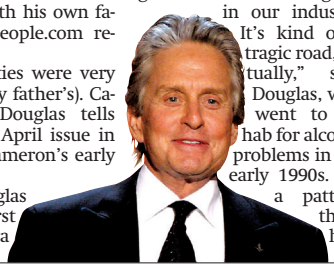
Douglas admits he wasn't the best dad

LIKE FATHER, LIKE SON. With Cameron Douglas facing 10 years of jail time at his April 27 sentencing on a drug conviction, his father, Michael Douglas, is taking stock of his role in Cameron's upbringing — and sees parallels to his relationship with his own father, Kirk, people.com reports.

"My priorities were very similar (to my father's). Career first," Douglas tells Vanity Fair's April issue in describing Cameron's early years.

When Douglas and his first wife, Diandra Luker, split in the 1990s, it left Cameron with a largely absent celebrity father — much the same situation that Michael endured when his parents divorced in the 1950s.

"The history of second-generation actors isn't great in our industry. It's kind of a tragic road, actually," says Douglas, who went to rehab for alcohol problems in the early 1990s. It's a pattern that has continued with the third generation, as Cameron himself was once an aspiring actor.



Cameron, 31, pleaded guilty in January to distributing a large quantity of crystal meth. Michael, 65, has repeatedly put a brave face on how he's been dealing with his son's drug and legal problems.

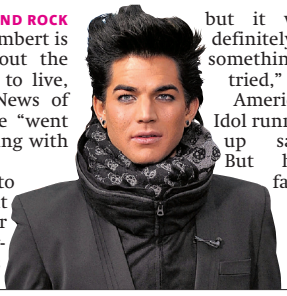
"Anybody who has a relative or child in substance abuse has some idea of what this feels like. This is one of those worst-case scenarios," says the actor who stars in the upcoming Wall Street: Money Never Sleeps.

METRO NEWS SERVICES

Lambert says he has gone wild with drugs in the past

ALL'S FAIR IN LOVE AND ROCK AND ROLL Adam Lambert is coming clean about the wild life he used to live, telling Britain's News of the World that he "went wild" experimenting with drugs.

"It didn't get to the stage where it ruined my life or where it was anything too serious but it was definitely something I tried," the American Idol runner-up says. But he's far from repentant over his past indulgences.



"There are so many parents who are too conservative in America. There are certain drugs out there that are really fun and recreational and can mean a good time. I'm not an advocate for drugs, but it is all rock and roll and we are all adults."

METRO WORLD NEWS

She doesn't feel worthy

BUT I'M SURE WAYNE AND GARTH WOULD DISAGREE Anne Hathaway doesn't think she deserves her success, femalefirst.co.uk reports.

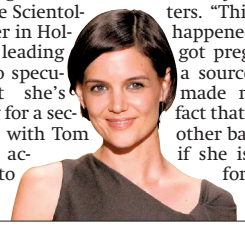
The 27-year-old actress believes she has been fortunate to land so many big roles, but admits she has often found herself out of her depth when working with big Hollywood names.

She said: "I owe so much of my career to luck. My mother always told me that luck is preparation meets opportunity and I've been given extraordinary opportunities to work with filmmakers long before I was talented enough and deserved to work with them. I've learned a lot from them. I just keep getting hired. I consider myself lucky and I don't know who is responsible for it."

METRO NEWS SERVICES

Holmes 'audit' claims lead to baby speculation

WILL SURI GET A SCIENTOLOGY-APPROVED SIBLING? Katie Holmes is allegedly undergoing intense "auditing" at the Scientology Center in Hollywood, leading sources to speculate that she's preparing for a second child with Tom Cruise, according to Page Six.



Holmes has been reportedly spending up to four hours at a time in the high-security church headquarters. "This is exactly what happened just before she got pregnant with Suri," a source says. "Tom has made no secret of the fact that he would like another baby. It is almost as if she is being prepared for it."

METRO WORLD NEWS

Jude finally meets daughter

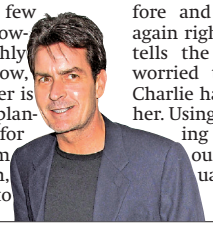
AND HER FIRST WORDS WERE: CHILD SUPPORT Jude Law met with Samantha Burke, the mother of his five-month-old daughter, for the first time since baby Sophia was born, according to the Sun. The two sat down in Miami with Law's lawyer to decide on plans for how the actor should support the mother and child.

"Jude was very on edge about the meeting," a source says. "The pregnancy wasn't planned but he wants to do the right thing. It's not like he can hide. As soon as Sophia can use the Internet she can find out who her dad is."

METRO WORLD NEWS

Sheen off to splitsville: Report

THE REAL SHOCK IS THAT IT LASTED SO LONG After a rough few months following their highly publicized row, Brooke Mueller is reportedly planning to file for divorce from Charlie Sheen, according to Radar Online. "Brooke wants out. She's said it before and she's saying it again right now," a source tells the website. "She's worried though, because Charlie has a lot of dirt on her. Using drugs while raising children is obviously a horrible situation."



METRO WORLD NEWS

Tiger does sex rehab at home

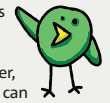
WERE THE OTHER PATIENTS TOO DISTRACTING? Tiger Woods is reportedly back in rehab for sex addiction, only it's not at the Pine Grove facility in Mississippi, where he had been reported to be staying, according to Page Six. Instead, the embattled golfer is receiving private treatment at a home in Cave Creek, Ariz.

And his wife, Elin Nordegren, has allegedly been there with him. "Elin was with him, but she's heading back to Florida," a source says.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets



KEVIN SMITH is reeling from a call from Gov. Schwarzenegger, **JUSTIN BIEBER** can concentrate on more than one game at a time, **JESSICA SIMPSON** is offering free romantic advice, and **LILY ALLEN** is helping her pooch recuperate after a fight.

@ThatKevinSmith If you'd have told me that one day Arnold was gonna call me because I was fat, I would've been... well, scared. But he was really nice.

@justinbieber At the laker game with the hockey game on the tv screen. Today is a great sports day. Canada for the gold

@JessicaSimpson You can't love someone else to change them. Happiness comes from accepting who they are. It is our decision to REALLY know who we love.

@lilyroseallen Mabel got beaten up by bigger dogs. She went to doggy hospital, but she's ok.

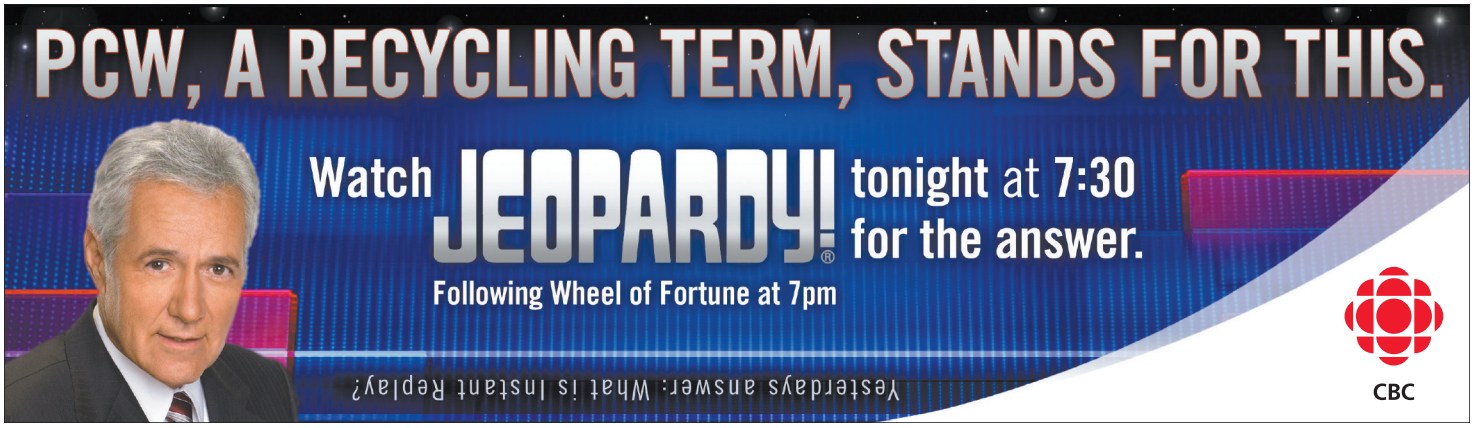
METRO NEWS SERVICES

Well they both have long hair

GROHL'S BIOPIC PICK The proposed Kurt Cobain biopic will undoubtedly proceed without his blessing, but Dave Grohl, former Nirvana band mate and Foo Fighters frontman, is taking a stand when it comes to who should portray him, people.com reports.

"I don't know about anyone else, but I'm crossing my fingers that Shelley Duvall plays me," the musician deadpans to People.

METRO NEWS SERVICES



The Weather Network
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Today Partly sunny 2° / -3°
Wednesday Variable 1° / -7°
Thursday Mainly sunny 2° / -6°

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Take Five

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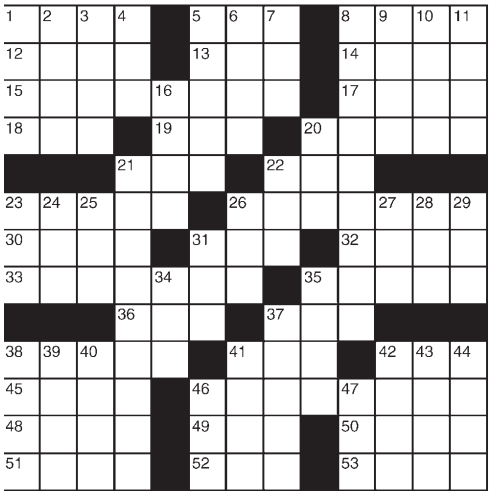

ACROSS

1 Just adorable
5 Potential syrup
8 Heavy reading
12 Somewhere out there
13 Big bother
14 Suitable
15 Highly rated
17 Incite
18 "Guinness Book" suffix
19 URL ending, often
20 Uncouth
21 — Francisco
22 Marshy area
23 Playwright Chekhov
26 Need
30 Stead
31 No mere mist
32 Notion
33 Panic-stricken
35 Take for one's own
36 Wall Street average
37 Previous night
38 Jazz style
41 Grand- —, N.S.
42 Twosome
45 Beige
46 Lasting 60 minutes
48 Carpet type
49 Dadaist pioneer
50 Arab commander
51 "Poppycock!"
52 Still
53 Townshend or Sampras

DOWN

1 Eatery
2 Roswell sightings
3 Lacking slack
4 Show fallibility
5 Humpty Dumpty — a wall"
6 Leading man?
7 "— favor, señor"
8 Sightseers' aide
9 Gumbo ingredient
10 Periodicals, briefly
11 Spuds' buds
16 Read bar codes
20 — au vin
21 Old-time prospector
22 Plead
23 Carte lead-in
24 Zilch
25 Afternoon social
26 Scepter
27 Altar affirmative
28 Agt.
29 Corrode
31 A handful
34 Unruly hair
35 State with confidence
37 Burst forth
38 Number one
39 Reverberate
40 Support group?
41 Skin opening
42 Round top
43 Troop group
44 Shrek, for instance
46 Dinner for Dobbin
47 You can't stand to have it

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

7		6	5		9	2		1
		1				4		
3	4						5	6
			3		8			
	3						6	
			9		7			
9	1						4	3
		2				8		
6		3	8		4	9		7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	1	4	6	9	8	2	7	3
7	9	8	3	2	1	6	5	4
3	6	2	7	4	5	9	1	8
1	8	9	4	6	7	3	2	5
4	7	3	5	1	2	8	9	6
6	2	5	9	8	3	1	4	7
9	3	6	1	7	4	5	8	2
2	5	7	8	3	9	4	6	1
8	4	1	2	5	6	7	3	9

On the web

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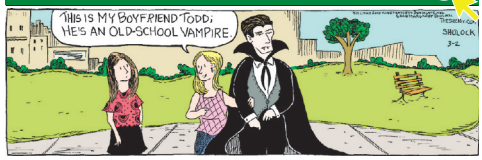

Metro Recipe of the Day

Greek Salad with Tahini Dressing

INGREDIENTS:

7 oz (200 g) feta cheese
1 small romaine lettuce, torn
1/2 cucumber, halved lengthwise and sliced
12 oz (375 g) large plum tomatoes, sliced
1 small red onion, halved and thinly sliced
20 pitted black olives
4 tbsp (60 mL) extra virgin olive oil
1 tbsp (15 mL) tahini
1 tbsp (15 mL) lemon juice
4 large sprigs of fresh flat-leaf parsley

METHOD:

1. Remove feta from package, drain liquid and put into small bowl of cold water. Leave to soak while preparing salad.
2. Divide lettuce among four individual serving plates, then top with cucumber, tomato and red onion slices. Scatter with olives.
3. Whisk oil, tahini, lemon juice and some ground black pepper in bowl or shake in screw-top jar. Scissor-snip parsley into dressing.
4. Drain feta cheese and crumble into small pieces. Scatter two-thirds over salads. Drizzle dressing over salads, then scatter with remaining feta. Serve at room temperature.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Why are you always talking at cross purposes with other people? Is it your fault or theirs? Make allowances for others — and for yourself.

TAURUS ♉
APRIL 21-MAY 21
You may now regret some of the things you said over the past few days. On the other hand, others respect you more when you speak your mind.

GEMINI ♊
MAY 22-JUNE 21
Today's aspect between Mercury, your ruler, and quarrelsome Mars means you will speak your mind no matter what the consequences might be.

CANCER ♋
JUNE 22-JULY 22
You may not understand the significance of recent events but you do understand that you have been wasting your money on things you really don't need.

LEO ♌
JULY 23-AUG 23
You have so much energy at your disposal at the moment that it's hard to decide what to do with it all. For best results try to focus on just one task.

VIRGO ♍
AUG 24-SEPT 22
So many things to do and so little time in which to do them. Is that how you feel? If so, the obvious thing to do is to cut back on your commitments.

LIBRA ♎
SEPT 23-OCT 23
You will receive some valuable news today. It will be more valuable still if you stop and think before cashing it in. Knowledge can be saved and grown.

SCORPIO ♏
OCT 24-NOV 22
If you must be critical of someone today at least be positive about it. The idea is not to make them feel bad about themselves.

SAGITTARIUS ♐
NOV 23-DEC 21
Current aspects make you feel good but they also make you a bit lazy, so make an effort to do something with today's helpful cosmic rays.

CAPRICORN ♑
DEC 22-JAN 20
If you were too cautious yesterday then you can be more daring today. It is still unwise to gamble with money — either your own or other people's.

AQUARIUS ♒
JAN 21-FEB 18
You may want to get away from your current environment but you won't be able to. Whatever is keeping you in one place must be faced and dealt with.

PISCES ♓
FEB 19-MARCH 20
If you don't understand what is taking place around you at the moment try looking back over the past few months for some clues.

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CITY: 12.7L/100KM • 22MPG△

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CITY: 15.9L/100KM • 18MPG△

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